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CASCO

W E E K L Y

FREE BAY FREE

Portland's news and arts weekly.

Thursday August 4, 1988

DIVIDED HIGHWAY

DIVIDED OPINION

THE PROPOSED
"WESTERLY CONNECTOR"
THREATENS TO DIVIDE
COMMUNITIES...
AND NEIGHBORS:



"The highway is necessary."

Richard Brown, who lives on the Gray Road in Gorham, and is willing to give up the house his family has lived in for 30 years so that the road can be built. He just wants a decision to be made so he can make plans.

"If you're going to come through here, tell me."



"Right where I sit and eat is the entrance. If I was taking tickets it would be all right..."

Arnold Smith, who lives next door to the Browns, does not want to give up the house he built 30 years ago. He wants to stop the freeway at any cost. He does not want to give up the lifestyle he's spent a lifetime preparing for.

"...but I'm not taking tickets."

See page 6.

AUG. 4, 1988

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UPDATES

DISGUSTA!

Flying food

A food fight has been raging in Augusta in recent weeks, but it's not happening in the capitol. It's happening on the walls of the State Office Building, commonly referred to by locals as the S.O.B.

The SOB Bomber — or bombers, as the case may be — has been throwing large quantities of food and water out of the building's windows. Some of this refuse has struck pedestrians below.

"Most of the incidents have only involved water," said Dale Doughty, Director of Public Improvements. "But at least one has involved what appears to be strawberry shortcake."

As Director of Public Improvements, it's his job to improve the behavior of the state employees. Coping with childish behavior is a task that Doughty is familiar with — he was formerly the superintendent of schools in Farmington. "I just can't seem to get away from it," he said.

Even as these words came from his mouth, another "bombling" incident was reported nearby.

Doughty said that he still does not know who is perpetrating the aerial attacks, although he says "it's not someone on floors one, two or three."

He also has no idea as to the motive. "If I knew why," he said, "I could find out who it is."

— Monte Paulsen

Peace convoy arrives in Nicaragua

After fighting through jungles and bureaucratic red tape, the Veterans Peace Convoy finally reached Nicaragua. Meanwhile, a Caribou man travelling with the group split off and went to Guatemala.

Randy Parent, representing U.S. Veterans for Peace, participated in the convoy, the original intent of which was to transport vehicles containing humanitarian aid to Nicaragua. Parent's mission was to travel to Guatemala to educate the natives about land reform.

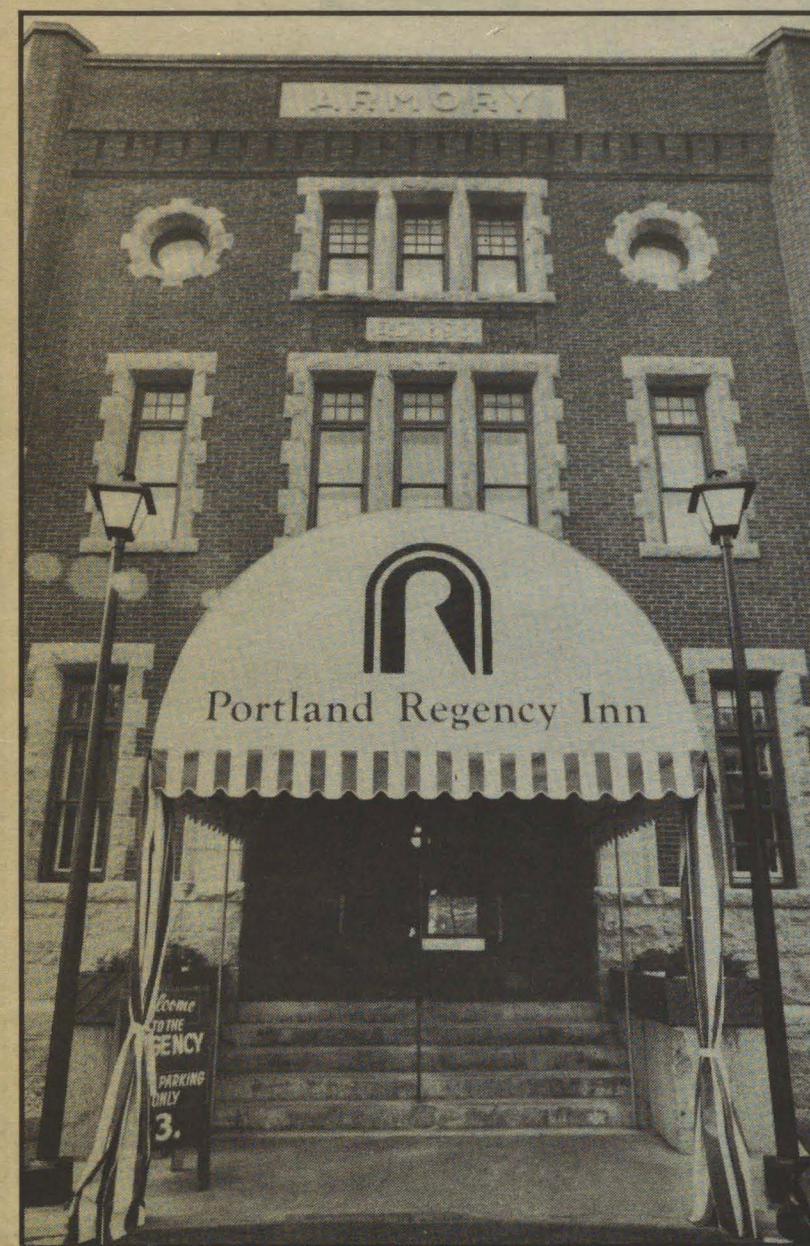
After a successful journey through the United States, which included stops in several cities and the filming of a documentary about peace efforts, the convoys from across the country met in Austin, Texas, then hit a major obstacle at the Mexican border.

The U.S. Government, enforcing a trade embargo to Nicaragua, impounded a vehicle, interrogated the drivers, then would not allow the convoy to cross the border after they acknowledged they planned to leave the vehicles in Nicaragua. The government backed off after weeks of lobbying pressure.

At the time of the first attempt, Parent separated himself from the convoy and made his way through the border to Guatemala. Jerry Genesio, president of the Falmouth-based U.S. Veterans for Peace, said that Parent originally had thought his joining the convoy would make the trip easier, but decided to go on his own after the first attempt to cross the border failed.

Parent is currently associated with the Pro-Tierra Machine Tool Project, which involves 500,000 peasants. He is teaching them to make their own tools in a new and more simple form of casting. They will also learn to make new parts for the tractors that are in need of repair. The ultimate goal is land reform.

— Susan Gilman



The Portland Regency Inn.

CBW/Joe Kievitt

How to go broke on \$115 per day Former armory embattled

The posh Portland Regency Inn has found itself on the brink of financial disaster and the center of a battle between businessmen and banks.

The latest round unfolded last week when Berkshire County Savings Bank of Pittsfield, Mass., announced its request for a court-ordered foreclosure sale of the hotel and the appointment of a qualified person to take over the management.

The remaining owners, all from Massachusetts, are being sued by the bank, as well as by Maine Savings Bank (which handled the first mortgage on the hotel), for non-payment.

The Maine owners — businessmen William T. Brown, A. Earl Brown, Eric Cianchette and Kenneth Cianchette — dissolved their partnership with the Massachusetts owners in May, after they sold their interests to them.

After agreeing to take full responsibility for the joint debts except those incurred by Maine Savings Bank and Bank of New England, the Massachusetts partners — spokesman for the group and attorney Stephen C. Jones, former state Senator Allan F. Jones, and Robert P. Welch — admitted last week they would probably sell the hotel after the most recent problems with the Berkshire bank.

George J. Marcus, attorney for the Maine partners, contends they are supporting the Berkshire bank's push for the sale of the hotel. Although a foreclo-

sure sale would not guarantee freedom from all debts for the partners, he said, "in the event of a foreclosure my clients feel that proceeds from the sale of the hotel would be sufficient to pay all debts incurred."

Marcus refused to disclose what the current arrangements are between his clients and the bank, and whether they are paying any amount on the loan.

Maine Savings spokesperson Gerald Healey could not release information concerning arrangements with the Maine partners, citing it as a "disclosure of client confidentiality." Berkshire County Savings Bank likewise would not comment on suits.

The dissolving of the partnership between the Massachusetts and Maine owners was instigated by allegations that the Cape Cod men were misusing profits from the hotel. The Berkshire bank is also using the charges in its cases against the partners.

Marcus would not comment on the current relationship between the investors. When asked how they had originally met, he said, "they all had common business interests, and were introduced to each other because of it." He does not believe the partners from Massachusetts have any other business dealings in the Portland area.

Meanwhile, it's business as usual during the thriving tourist season at the Regency. Caviar, anyone?

— Susan Gilman

SMUTBUSTERS: Meese taking Portland's cue?

The U.S. Department of Justice wants to step up the war on smut, but its opening salvo may violate the Constitution. Before Attorney General Edwin Meese goes out the door, he's pushing for a bill that includes many of the recommendations of President Reagan's Commission on Pornography.

The bill is awaiting Congressional action. "When the Child Protection and Enforcement Obscenity Act of 1987 is passed we will all be able to go about the business of cleaning up some of the filth that floods our nation," said the Justice Department.

But according to Don Nathan, Representative Olympia Snowe's press secretary, "One of the provisions runs into First Amendment problems."

The bill would define obscenity based on local community standards, similar to Portland's own ordinance. Also, obscenity on cable and subscription television would be illegal. Dial-a-porn calls would be a felony, punishable by two years and a \$250,000 fine. Interstate transport would also be illegal. Material judged obscene would be prohibited in national forests, on military bases, and on federal property.

In regards to the sexual exploitation of children, the bill would prohibit the use of computers to advertise, distribute, or receive child pornography. It would prohibit the buying and selling of children for the use of production of pornography. Pornographers would be required to keep records of each "performer" and prove that he or she is not a minor.

"There's a fair amount of support," Nathan said. The bill currently has 260 sponsors.

Representative Joseph Brennan is reviewing the bill; he has not decided if he will support it.

In a letter to a constituent, Brennan said, "It is indeed a tragedy that, in our civilized society, crimes such as the sexual molestation and abuse of children occur... I welcome the introduction of H.R. 3889 to fight these heinous acts."

Snowe has not taken a position on the bill yet either. However, she has co-sponsored a similar piece of legislation, the Pornography Victims Protection Bill, which calls for civil penalties for the exploitation of children.

— Bill Savadove

INSIDE

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Thursday, August 4, 1988
Volume One, Number 10
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UPDATES

At Liliana's Laundromat
you get more than clean clothes.

TALK

**Divided highway;
Divided opinion**
by Bill Savadove



A true believer wrestles with her conscience
on the floor of the Democratic Convention.

OP-ED



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CLASSIFIED

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REAL PUZZLE

Maine anthology in the works

A first-ever anthology of Maine literature is in the works. Sun Savings Bank recently announced a \$10,000 award to the Maine Literature Project to assist in the publication of an anthology of Maine literature for use in grades 6 to 12. Slated for publication in 1989 by the Maine Writers and Publishers Alliance in conjunction with the Maine Council for English Language Arts, the book should be in the classroom by September 1990.

The anthology will include poetry, short fiction, non-fiction and novel excerpts. Although the final selection of contents is still being determined, the book, explained Project director Jeff Fischer, will range from the Wabanaki "Glooskap" legends to those contemporary writers who have helped propel Maine's new regional writing into the literary limelight.

"The message I got was that people want to learn about Maine literature and want to teach it in the schools," Fischer said. "Before, it was always a matter of grabbing whatever was at hand. Now, we're going to be providing the resource."

- Michael Hughes

News of the weird

◆The Florida Court of Appeals overturned a jury verdict of \$40,000 for the malicious prosecution of a 6-year-old boy for shoplifting bubble gum at a Daytona Beach 7-Eleven. But Warren County, Tenn., officials paid \$166,000 to settle a lawsuit by the family of a 5-year-old boy who was arrested and interrogated about neighborhood vandalism. The police had maintained they had read the boy his rights before questioning him.

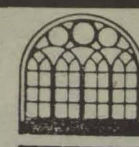
◆In March, a Cable News Network technician mistakenly ran a film clip of a baseball player swinging a bat during a Larry King Live interview with a mother whose daughter had been bludgeoned to death with a baseball bat in a thrill murder two years earlier.

◆According to a Cleveland State University professor's survey, large donations to religious TV programs nearly doubled in the Cleveland area following the Jim Bakker scandal, although small contributions fell off.

◆A Philadelphia mail-order company sells the Christi Anna doll that speaks inspirational phrases and sings hymns, and Kenner Parker Toys markets Special Blessings dolls that can kneel and clasp their hands as if praying.

◆According to the U.S. Department of Agriculture, nearly 900,000 acres of national forest and grasslands had to be closed to tourists in 1987 because of threats of violence by those using the land to grow marijuana.

- Chuck Shepard/AlterNet



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\$8.50 w/Seafaring Folk Music
7:30-9:30 pm Sunset and Harborlight
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MILK STREET

A CONVERSATION WITH Liliana Donatelli



Liliana Donatelli laughs at her laundromat.

CBW photo/Joe Kievitt

"DO YOU BELIEVE THAT I LEARNED TO SPEAK ENGLISH FROM SESAME STREET? THAT'S THE ONLY PEOPLE I COULD UNDERSTAND."

Liliana's Laundromat seems unlike most laundromats. The wallpaper is new. When you try to pay for the fresh coffee Liliana usually pushes your 30 cents back across the counter. If she's not behind the counter when you walk in she's probably next door at the tailor shop of her husband, Evangelista Donatelli. The shops perch side by side on Congress Street at the very top of Munjoy Hill. It's a long way from Lettomanopello, Italy.

Why did you come to the United States?
Twenty-two years ago we came in this country for work. Everybody say it is the land of opportunity. And right away my husband had a store waiting for him. Here in Portland.

How do you like Portland?
I like them. Not like Boston. They are not as friendly as Maine people. Over here if you don't understand something people try to help you out. Through the years I wouldn't change them for nobody else.

Are we as romantic as Italians?

Well, Italian people, they are named to be romantic. And I think they are. Over

here they say a lot of dear stuff, but when it comes to romantic, everybody knows Italian people are.

Where did you learn English?
Do you believe that I learned to speak English from Sesame Street? That's the only people I could understand. I used to make the kids watch Sesame Street because I wanted them to learn the alphabet. And before you know, I sing the alphabet with them.

My roommate says you like pizza.
She's a teacher? Yeah. I treat her one time to a pizza. For me that's very important that when the people come in here they feel that we have a very good atmosphere.

Don't you miss Italian coffee?
I drink espresso every morning. I always say between espresso and roller skates, I could really fly in this place! It makes me really hyper.

Do you mind coming in to work every day?
Oh, I goof off a lot. If I have a couple of friends that say, "Let's go out for lunch," I never say no.

What would you do if you retired?
Oh, I don't know. A lot of cooking. Naturally every dish is pasta. Always pasta. I used to say, "I have to cook less pasta. We will get fat." But now they say it the best thing for you.

Do you speak Italian anymore?
With my Italian friends we speak half and half. I speak broke English and broke Italian now. I speak Italian to my children. A lot of Italians born in this country say, "I learn the swear words in Italian," but they don't know the right words!

You're here seven days a week. Does your family miss you?
I have teenagers, so they couldn't care. We argue by phone. After we argue I realize that I am lucky. Because none of them turns to drugs. I'm sure if they go to a party they have a good time. If they don't, I would be very disappointed in them. If my son goes to a party I say, "Have a drink on me." It doesn't bother me if they go someplace and have a good time because I behave like a clown myself!

Do you know everyone on The Hill?
Almost. Through the years. You come in and before you

know I'm going to ask your name and I'm going to ask you do you live around here long, and before you know, we start to talk and we become friends.

Is it a good place to do business?
Really, with the customers I have, I'm lucky to be here on Munjoy Hill. Because Munjoy Hill people, everybody put them down because they don't have enough money to fight. But they are nice human beings. You do some little thing for these people, they really appreciate it. That is why I like these people so much.

I treat people the way I want them to treat me. That's my advice to everybody. I go next door sometimes where my husband is. I leave the place here unattended 10, 15 minutes. I never have nothing stolen. Never. They take a Bounce, I find 15 cents. They take a soap, I find 50 cents.

Is America really the land of opportunity?
Yeah. I can really recommend it if you want to work. The homesick feeling is always there. Comes holidays... I used to be sad. Now with so much going on in my house, it's not so bad. I'll never get over Italy.

Hannah Holmes is a freelance writer who does her laundry at Liliana's Laundromat.

COVER

by Bill Savadove



The intent of the spur is to reduce the impact of thousands of vehicles passing daily through this Gorham intersection.

CBW photos/Monte Paulsen

Not long ago, the land beyond Westbrook was farmland. Today it looks suspiciously like a suburb. High tension power lines zigzag over the heads of the workcrews widening Route 25. A new housing development is almost finished across from the large Gorham town office complex. And soon, these communities may get another token of suburban happiness — a freeway.



A sign in the path of alternative 6 displays the Westbrook sentiment.

State and local officials promise the "westerly connector" will relieve congestion on routes through Westbrook and Gorham, provide easier access to the Maine Turnpike, shrink a 30-minute commute to Portland to 10 minutes, and get trucks out of the towns.

An opposition group says the road will cause unwanted growth, damage the environment, increase taxes for residents, and physically divide Gorham.

The divided highway might unite Portland and its western neighbors, but it has already divided Gorham and Westbrook. Small-town concerns have been pitted against regional interests. Western towns fear Portland will take away their economic independence. Neighbors are split on the need for the route.

No one knows what impact the highway will have on the region. Local officials and citizens are playing a waiting game — waiting for the state and waiting for further studies. Only one thing is for sure: money builds the highway.

Money builds the highway, but individuals pay the price. Arnold Smith does not want to make way for a highway that will destroy the house he built 30 years ago. A retired postal worker, he lives on Gray Road in Gorham. His solitude was interrupted this year after he learned that his home was in the path of a proposed on-ramp.

"Right where I sit and eat is the entrance. If I was taking tickets it would be all right. But I'm not taking tickets," Smith said.

Smith, 68, made the solar hot water heater and the wooden chairs in the kitchen by hand. In front of the house are grape vines that he has tended for three decades. He is comfortable in his house; everything is arranged just how he wants. "You don't like to be deprived of what you built. This house was built to last the rest of my life."

He doesn't know exactly what he is going to do. He disdains nursing homes. "I don't want to move out. I've got the best neighbors in the country," Smith said.

Richard Brown, who has lived next door to Smith for 30 years, thinks the highway is a good idea.

He is just waiting to find out where the bypass will go so he can decide whether or not to make improvements to his house. "If you're going to come through here, tell me," he said.

His son's house, at the foot of Brandy Brook Hill, may also be in the path of the bypass — depending on which route is selected.

Brown thinks that the highway is necessary. He is just waiting to find out where it will go and when.

People like Brown have been waiting for the highway for years. The idea of an east-west highway is not new. State and local officials have discussed an east-west route since the 1950s, but lack of money has always stalled the idea. Money is the root of all routes, as officials will tell you.

Funding problems stopped two roads in the mid-1970s. The state halted construction of a \$4 million partial bypass of Gorham that would have run from Route 25 to Route 114. Lack of cash and environmental opposition orphaned the Westbrook Arterial, after the Maine Department of Transportation (MDOT) stopped work on a route from Westbrook to a partial 295 interchange in Portland.

The idea surfaced again two years ago when Bernard Rines figured that money might finally be available for a turnpike spur. Rines, Gorham's first council chairman, was attending a MDOT highway seminar on the turnpike widening. After a man from York said that the widening would move traffic and congestion in that area up the pike, "It became obvious to me it was going to be a problem to us right here and we better have a place for it," Rines said. With highway money available for the widening, and development in Gorham taking potential highway land, Rines thought the time was ripe.

Rines called Clark Neily, a friend and Director of Economic Development for the City of Portland. In January 1987, six officials from Gorham, Westbrook, and Portland met and agreed that a turnpike spur was needed in order to relieve congestion on Routes 25 and 302.

"All of the major highway construction in the state has been north to south. There's got to be some relief with a major connector system going to the west," said Neily. He took the idea to MDOT Commissioner Dana Connors. After two meetings, Connors agreed to ask the Maine Turnpike Authority to fund the study.

The Turnpike Authority saw a chance to relieve congestion at Portland exits. They allocated \$225,000 to an engineering firm for a preliminary report. Six routes were outlined. The westerly connector advisory committee suggested seven more routes after the first meeting.

By April 1988, the original 13 alignments were narrowed to five possible alternatives. Some of the routes were eliminated because they did not satisfy traffic demands of the individual communities involved; others because they would cut through densely populated residential neighborhoods; others because they would cost too much. Board members wanted an alignment that would pick up traffic before it got into Gorham.

Gorham Town Manager Donald Gerrish wants a northerly bypass of his town. "I'm concerned that if we do something on the southerly route, we're still going to have a problem with traffic going through our square to get to the route," Gerrish said.

All of the remaining routes call for a southerly bypass of Westbrook. Westbrook Alderman Alex Juniewicz wants the highway as far south as possible to prevent a bypass from cutting off and isolating neighborhoods. "I don't like to see land that is presently under developed used. I'd rather see that land be available," he said. The Westbrook City Council agrees, according to Juniewicz. They plan to consider routes furthest from the city line.

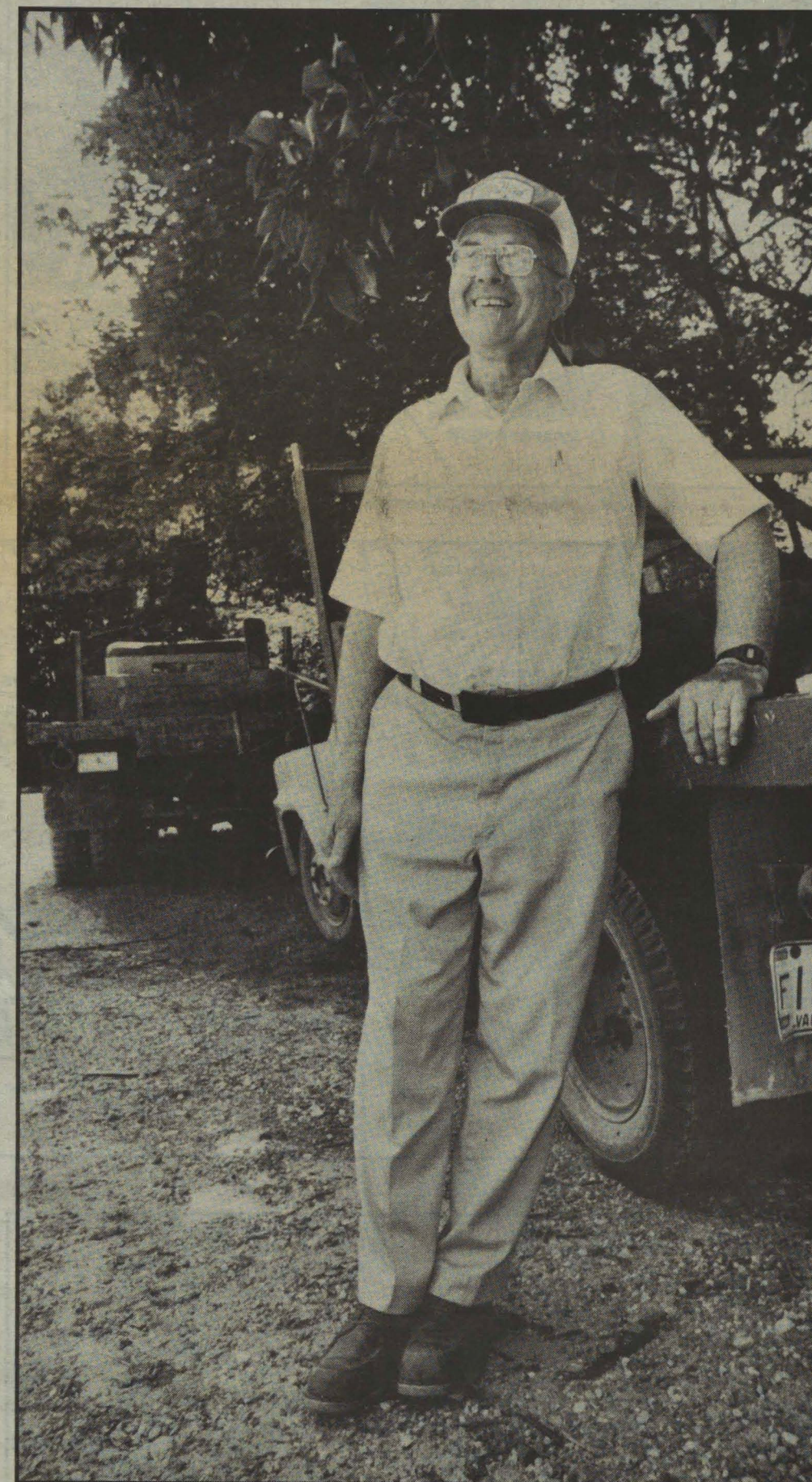
Both Westbrook and Gorham are trying to decide which potential routes they want to know more about. Funding for further engineering and environmental studies will come from \$2.5 million set aside by the Turnpike Authority. Construction of the highway, if approved, would be paid for with a combination of state money, federal funds and tolls.

Though land in the highway's path hangs in limbo, there is no deadline for towns to decide which alternatives should be studied. "We don't want to force them to make a decision without a full array of information," Connors said. The towns may wait for six to 10 years for the highway, according to MDOT Planning Director Paul Minor.

Continued next page

"IT BECAME OBVIOUS TO ME THAT (THE TRAFFIC) WAS GOING TO BE A PROBLEM TO US RIGHT HERE AND WE BETTER HAVE A PLACE FOR IT."

BERNARD RINES



Bernard Rines, former chairman of the Gorham Council. CBW photo/Joe Kievitt

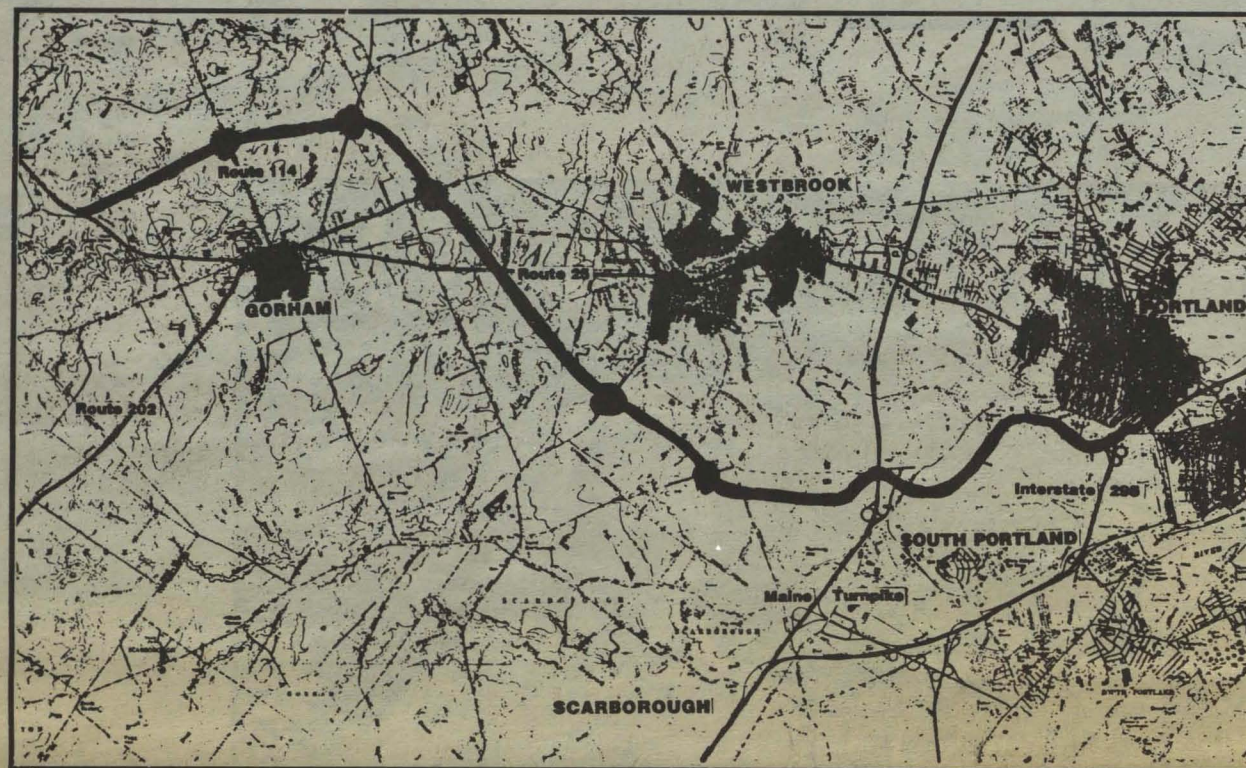
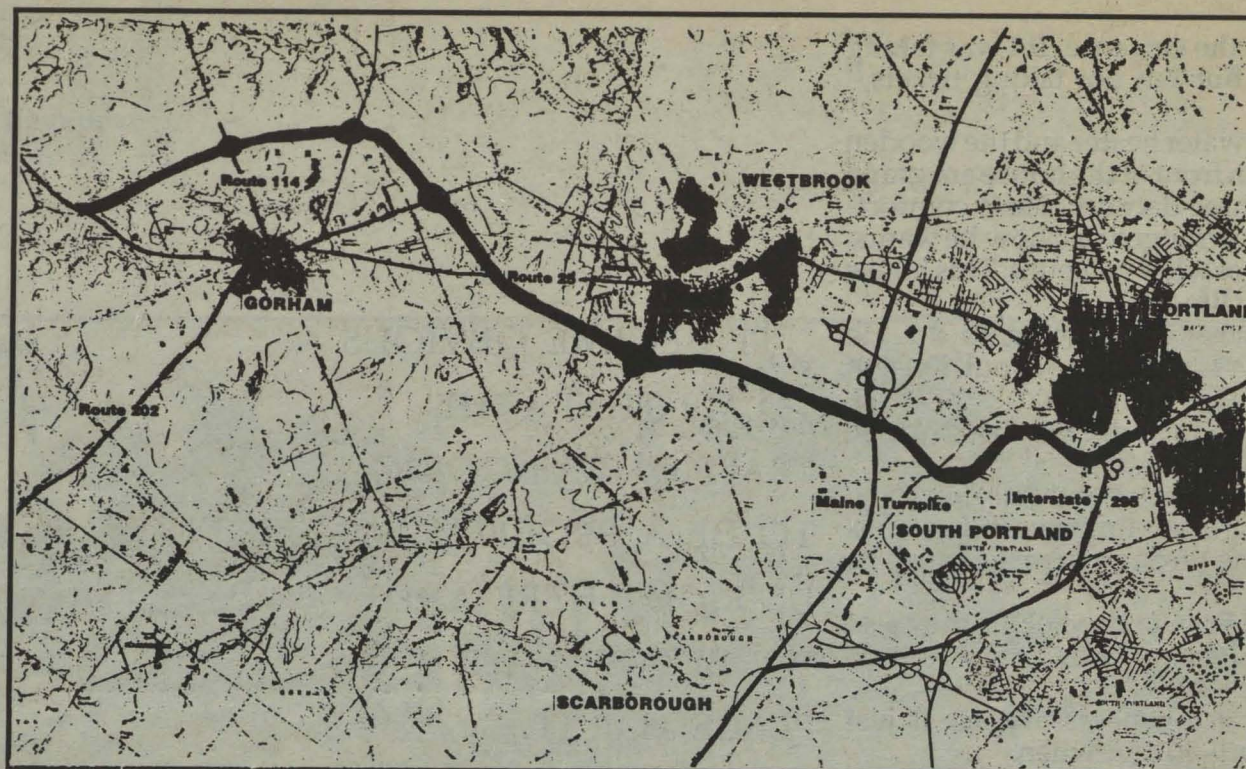
Options 6 and 6A

Alternative 6 runs closest to the city of Westbrook. This route has a northerly bypass of Gorham and a southerly bypass of Westbrook. It connects Route 25 with the Maine Turnpike and Interstate 295. The proposed path begins on Route 25 at the base of Brandy Brook Hill in Gorham. It goes east, crosses Route 114, and turns southeast after crossing Brackett Road. It connects to the an extension of the Westbrook Arterial, travels adjacent to the Portland Jelpert, crosses the Fore River, and ties into Interstate 295 near Denny's Restaurant on Congress Street.

There is another version of this route called 6A. It hooks up to the Westbrook Arterial at a different location.

Based on field reconnaissance and an examination of photographs taken late in 1986, this route would take out 26 homes and four businesses.

The Westbrook City Council has opposed 6 because of its proximity to the city.



Option 7

Like 6 and 6A, alternative 7 provides for a northerly bypass of Gorham, a southerly bypass of Westbrook, and connects Route 25 with the Maine Turnpike and Interstate 295 in Portland. This route, however, travels considerably further south of Westbrook.

It begins at the same place on Route 25 and continues eastward until it crosses Brackett Road. The road turns southeast and parallels the power lines until it crosses Route 22 north of the Westbrook/South Portland line. Finally, it turns east again, connects to the Maine Turnpike, the airport, and Interstate 295 in Portland.

This alignment would take 24 homes and two businesses.

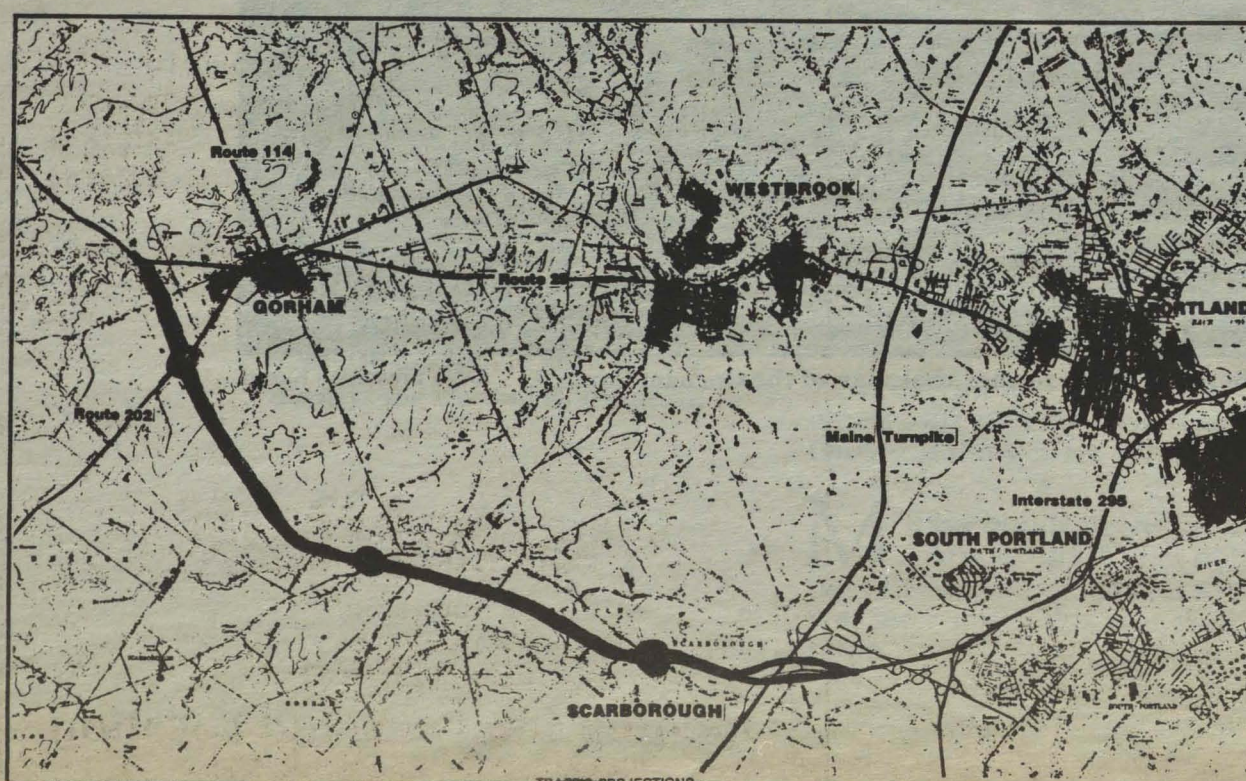
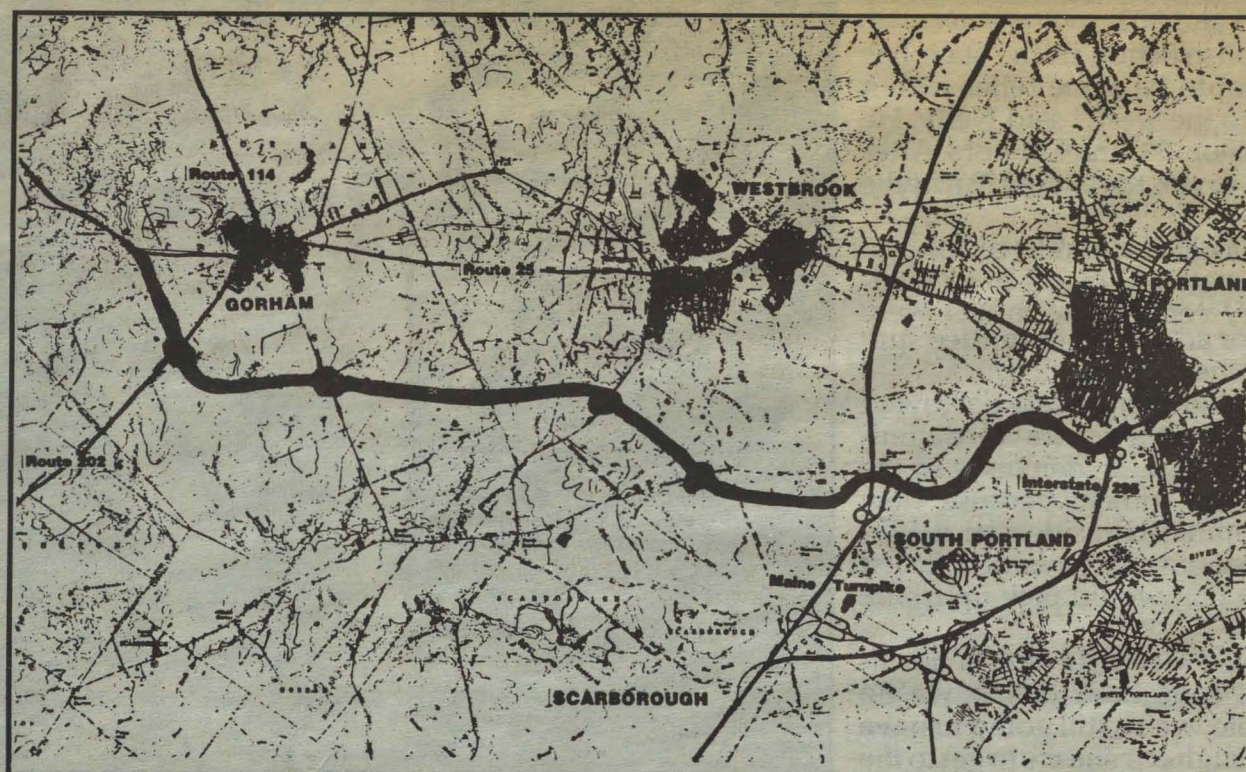
Routes 6, 6A and 7 all impact wetlands in the Fore River area. The Maine Audubon Society is concerned about the effect highway fill will have on the salt marsh wetlands in Stroudwater. The society maintains a sanctuary in the Fore River area, which is home to nesting and migrating waterfowl.

Option 9

Alternative 9 runs to the south of Gorham. It provides for a southerly bypass of both Gorham and Westbrook, connecting Route 25 to the Maine Turnpike and Interstate 295 at the site between Denny's and the Fore River in Portland.

It begins on Route 25 near Cressy Hill and continues south, crossing Routes 202 and 4 near the old race track. It turns east to Saco Road, then southeast to Route 22. After crossing the Turnpike, it then continues eastward along the same route as alternatives 6, 6A and 7.

This alignment would require taking 20 homes and four businesses. It will impact wetlands in the Fore River area, and cross through a state designated wildlife preserve between Route 114 and Brackett Road in Gorham.



Option 10

Alignment 10 is designed to be the first leg of a future beltway. "It really doesn't do anything for Westbrook," said Project Manager John Wellington. There is no access to the turnpike. It provides for a complete southerly bypass of both Gorham and Westbrook. MDOT Director of Planning Paul Minor said that some towns have removed this alternative from consideration.

It connects Route 25 to the south end of Interstate 295. It begins near Cressy Hill and continues south until it crosses Route 22. It then turns east and ties into Interstate 295 at Maine Turnpike 6A. Wellington said it was selected for further study because it was cheap.

A total of 15 homes and three businesses would be taken. This is the only alignment with no known adverse environmental impact.

Portland, Gorham, and Westbrook haven't agreed where to put the highway, but they all agree that there are too many cars and too little road.

Trucks carrying gas and oil from South Portland, lumber from New Hampshire, and gravel from northern quarries fight a daily battle against legions of commuters trying to get to work.

"The trucks are a pain, they truly are," said commuter Patricia Thompson. "Some are filled with dirt. That stuff is flying out and sandblasting your car. It does slow things down."

Trucker Bud Diltz sees it differently: "I don't care for any part of Gorham because the people there don't respect a truck. They come out of the driveways there and boy is it a mess."

"The center of Gorham is a mess," said connector Project Manager John Wellington. Traffic figures from 1986 show that 10,320 cars a day come into Gorham from the east on Route 25. Thousands more from the north on 114, and from the south on Route 22. All of these cars meet in Gorham's village intersection. Wellington said that the connector will get commuters out of the center of town. It will also shrink a half-hour commute to 10 minutes.

Westbrook is little better. Although that city has a local bypass in place, it also is the home of the S.D. Warren paper mill - which attracts hundreds of commuters and a steady stream of trucks bringing wood chips and other materials. The area surrounding Turnpike Exit 8 is increasingly attracting light industry.

Commuters funnel through Westbrook toward Portland and the turnpike. According to average daily traffic figures for 1986, 26,280 cars gained access to the turnpike from Route 25. A total of 14,860 cars got onto the turnpike from Route 302 up from 9,440 in 1977. A total of 10,580 use Route 22, up from 5,920 in 1977.

These numbers add up to congested roads. Town officials say they need relief now. They worry about the increase in growth in their communities. "Growth," said Standish Councilor Robert Harmon, "is going to come whether we like it or not."

At the same time, planners argue that the highway must be built (or at least planned for) now, while "open land" is still available. "It won't be long before the entire area is developed," said Roger Malar, a former MDOT commissioner.

But if there is enough "open land" to easily build a freeway, how can the same place be so congested? Is this project the answer to a existing problem? Or is it a pro-growth plan for the future? Building something as

dramatic as this, after all, becomes something of a self-fulfilling prophecy. Without a freeway, growth may or may not continue at its present pace. With a freeway in place, rapid growth is a foregone conclusion. "Historically, this type of road tends to open up other areas by making travel from upper areas easier, more efficient, and quicker," said Westbrook Alderman Juniewicz.

"Growth management is what we're trying to do these days. Instead of having it (growth) just happen on its own weight and force," emphasizes Juniewicz.

Gorham's planning could be the bane of small towns along Route 25. Some theorize that the problems in Gorham's town square will just move up the road, just as Rines predicted that widening the highway in York would dump more traffic in Gorham.

"All that it would do is transfer traffic a mile or two up the road," Parsonfield Selectwoman Elizabeth Dudley said. She fears that more traffic would be use Route 25 to gain access to the turnpike.

Towns further up Route 25 already have a traffic problem. However, most of these western towns have not discussed the effect of the bypass on traffic and growth.

A Gorham-based group opposed to the highway wants these towns to be informed. They say that several communities on Route 25 and other, western towns - like Standish, Buxton, Hollis, and Baldwin - have been left out of the decision-making process.

Group member Thomas Gagnier fears the highway will spur growth and destroy the rural character of these small towns. "The highway will greatly accelerate the growth of our rural areas," he said. "The land values there would go up, and make affordable housing a thing of the past." He wants the towns west of Gorham to have a say in their future.

The same sort of ripple-effect extends to the east as well.

Portland's smaller neighbors are no longer asking, "Do we want to encourage growth?" The small communities of Greater Portland are already growing at a good clip, according to real estate brokers. The question has become: "What kind of growth do we want and how do we plan for it?"

Economic and population growth in western towns helps Portland by putting money into the regional economy and supplying workers.

No matter what happens, Portland is the winner, since all of the proposed alignments lead to Portland. Director of Economic Development Clark Neily said, "Anything that eases the burden of traffic will benefit Portland, which is the core." Portland gets the goods and

services flowing into the state on 18 wheels, the commuters trying to earn a buck, and the tourists trying to spend one.

Jay Loftus of New England Real Estate Services said what's good for Portland is good for Parsonfield. "The question is whether this area wants to be strong economically. If people would complete the thought process that their standard of living today is based on the economics of the region..."

However, some of Portland's smaller neighbors fear that their own economies are being sacrificed to help Portland. They want to maintain the economic independence that their own industries have given them. They want autonomy.

"Historically, these towns are annoyed at Portland. They feel Portland has gone its own way," said Loftus. "They say, 'Portland winds up with the rubles and we wind up with the rubble.'"

The rubble, in this case, includes lawn furniture - the suburbs. Most towns do not want to become featureless "bedroom communities" with residents that fill Portland's office space void.

"Portland is already a commuter city. Unless you do something to ease that strangulation of the core (Portland) you weaken the area as a whole," Neily argues.

But Portland planners don't want a commuter city either. A city that empties out every day between 4 and 5 P.M. will not revitalize downtown - neighborhoods will.

There is a fine line to walk. Portland wants to keep its unique neighborhoods, while encouraging commuters. Towns want to remain independent, while supplying workers to Portland. If the highway results in full-scale bedroom communities, diversity in both city and town could be destroyed.

Because of these shared interests, the question is quickly becoming a regional one. Local officials are now being forced to put aside local issues and make a decision that will benefit Portland, Westbrook, Gorham, and towns along Route 25.

"This idea about being concerned that it goes through Farmer Brown's barn - it really doesn't have a lot to do about it," said Jay Loftus of New England Real Estate Services. "What does Maine want for its goal? I hear the quality of life talked about constantly. How does Maine want to define that quality of life? Whether Gorham wants to vote for the changing world or not, it's here to stay."

According to Gorham Councilor John Emerson, the difficulty lies in making a regional decision for townspeople who say, "I don't give a damn about people coming from Fryeburg or Lim-

ington."

Furthermore, some councilors are beginning to wonder if the alternatives offered will solve the problem. "All of a sudden, this was brought upon us. If lurched at and put in does it become a solution?" Emerson said. Originally, Gorham supported one of the proposed routes. "As more has become known, we have begun to slow and look over our shoulders," Emerson added.

In an effort to communicate with other towns involved, the Gorham Town Council met with its counterpart from Standish on July 28. At that meeting, some councilors said they wanted a meeting with MDOT Commissioner Connors.

"We've got to know a little bit more about where they (the state) put their foot down," said Emerson. The meeting is scheduled for September.

Gorham Councilor Nicholas Kirby said, "It's our community. I would like to see us work this out."

"There have to be better ways of cooperation. You get actions sponsored by these narrow interests," Loftus said. The town council is too small to make this decision; the state is too big. "The state cannot come down here without running into political trouble from the north," Loftus said.

Waiting may be the the solution to reaching an agreement on a regional goal. "People with clear minds and no agendas need to get out to these meetings," Loftus said. The state has not set a deadline. Portland, Gorham, and Westbrook have already waited 30 years for the money. The state, the towns, and the opposition group are all willing to wait for further study.

In the mean time, cars are backing up on Route 25 - on their way home to new homes being built on the open land.

Bill Savadove, who has spent several weeks preparing this story, does not drive an automobile. (He does drive this editor crazy). Currently an editorial intern at Casco Bay Weekly, he plans to return to Williams College in the fall.



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Westbrook has a problem: residents get snarled up in traffic no matter in which direction they are headed. Gorham has a problem: the village square has become one of the state's busiest intersections. The towns further up Routes 22, 25 and 302 have a problem: strip development threatens to lure undesirable forms of growth.

Diverse communities, diverse problems.

A common solution has been proposed by the Turnpike Authority and the state: the so-called "westerly connector."

It may be a solution to the problems these communities face. Then again, it may not.

Individually, these cities and towns must decide what sort of growth they want to encourage, and what sort of infrastructure would encourage it.

Do these towns want to be bedroom communities? Do they want to develop independent industrial centers? Do some want one thing while others differ?

As a group, they must either select a spur route, or propose some other alternative. Either way, they must reach a consensus as a region. Attempts by each to shuffle the freeway into another backyard will accomplish nothing.

Because if they fail to come up with a plan the state will make a decision for them -- a decision based on the answers to very different questions.

Monte



Carol Eisenberg, at home on Peaks Island, wearing one of her now-famous shirts.

CBW photo/Monte Paulsen

OF THE DEMOCRATS, BY THE DEMOCRATS, FOR THE DEMOCRATS Fifteen minutes in Atlanta

SINCE I'M AS much a cheerleader as George Bush is a native Mainer (or Texan, or...), imagine my surprise to find my feminist self wearing a blue "Go Mike" megaphone, shaking a red pom-pom, and chanting things like "Let's Go Mike" at the Democratic National Convention in Atlanta. I needed only a big "D" letter sweater to complete the ensemble.

As a Maine Dukakis delegate to the convention, I was thrilled to be in the center of the action. I was inspired by the unity of our party, by the feeling of an impending fall victory. The excitement in the air was nearly palpable, and my cheering for the Duke was always entirely sincere.

Well, not always. As Maine's visibility whip, it was my job to cheer. About a week before the convention I got a call from the sort of low-level campaign functionary who had to stay in Emory University dorms instead of the posh headquarters hotel in Atlanta. When he asked me to serve as visibility whip, I was pleased but slightly mystified by the "honor" bestowed.

Soon I realized that I had accepted a job as chairperson of chanting and glorified go-fer. It wasn't actually much work, urging people to participate, and I did feel a bit like an insider since I had to visit back rooms to pick up posters and stickers and a few campaign staffers actually had to know my name.

I had the job of making sure that the right posters were distributed and displayed at the right time, that delegates were in their seats and visible for the cameras ("Jim, would you mind taking a seat and waving a sign - we go on the air in three minutes."). Even the most casual television observer must have realized that at least some of the emotion in the Omni was manufactured.

Perhaps my greatest contribution to Maine's visibility was not my haranguing the rest of the delegation, though, but arranging for my brother Joel - who owns a silkscreen factory in Atlanta - to print each of us a T-shirt asking the question of the convention: "Where was George?"

(For readers who may have been on another planet that week, this query was the finger-pointing one-liner picked up as a theme by the anti-Bush crowd after Anne Richards and Teddy Kennedy used it in their speeches.)

In a decade, when I look back on the whole thrilling convention, I'm sure I'll revel for a moment in the media attention

focused on the shirts and the exhilaration of being the source of a trend...

...then I'll kick myself for failing to capitalize on a great opportunity. You see, I had Joel print a few dozen extra shirts, which I sold that night on the floor. I sold out immediately. Those of us wearing the shirts were approached dozens of times by frustrated souvenir seekers who thought they had finally found something witty to take home to the kids. Television star Justine Bateman and friends wanted a dozen, but I couldn't oblige. I did manage to pay my hotel bill in T-shirt profits, but had I planned better I could have covered my airfare several times over.

Another minor media event was the appearance of my 13-month-old niece, Ariel, on the convention floor. I brought her so she would later be able to say she had been there. I never dreamed of the media attention that would be focused on her literally every moment.

Ariel was the belle of the ball. She was admired by Tom Hayden, Ed Bradley, and scores of others. She was photographed being kissed by Ed Begley, Jr. and Senator George Mitchell (but I lost the film). She was written up in the Portland papers and USA Today. And when Ted Kennedy talked about child care, she was featured in cut-away shots on all three networks, CNN, and C-Span.

So who am I to complain about the show-biz angle to the convention? I had at least as much fun (more, I think) as the average delegate and I catapulted to national prominence for a week. If Andy Warhol was right about everyone being famous for 15 minutes, I've probably used up all of my time and a little of somebody else's. Still, the three-to-one journalist to delegate ratio made for an awkward undercurrent to the very real emotion flooding the Omni.

Barbara Jordan, in her superb speech heralding the end of the Reagan error, said that it's time for this country to turn away from "Hooray for Hollywood." What a clever remark, we thought, as we simultaneously applauded her rhetorical virtuosity and made certain to show our best side to the camera lurking nearby. What a paradox of inspiration and cynicism I felt. How could I be so sincere and self-conscious at once?

At the close of the last night of the convention Jennifer Holliday took us through about a zillion choruses of "The Battle Hymn of the Republic." As we swayed arm in arm, bellowing with her, I was struck by how great we must look and sound on TV, what a splendid expression of unity and verve we were. Could the

image be real?

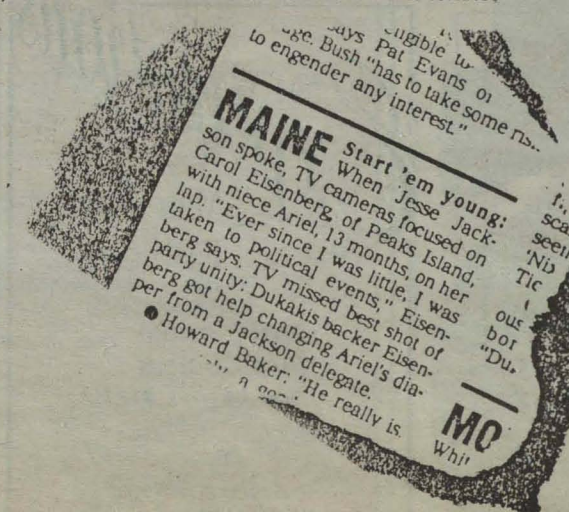
I felt then sort of the way I did at my father's funeral, but in reverse. Then I was sadder than I ever had been before, but I was conscious of everyone watching me, the desolate young girl, to see if I was appropriately grief-stricken. I was painfully aware of how I looked and worked to maintain the proper mournful expression that would match how I felt.

At the convention I was having the time of my life. It was my first convention, in my hometown, with seats right up front, with Senator Mitchell at our helm, as part of a united party. How much better could it be? But, as at the funeral, I was conscious of all the observing eyes and couldn't help but be concerned that my outward expression match my emotions. The image was real, but clouded by the carnival atmosphere; my self-consciousness made me question the integrity of my own emotions.

At the moment when the balloons were floating down over us (an event nearly cancelled because it was considered too tacky for television, as if anything could be), when I stopped singing to look up at them and let the communal joy in the room wash over me, my cynicism was allayed. I realized then that even the emoting evoked by the media was fundamentally honest. At that point the cameras didn't matter half as much as the power I felt in being part of that group. The media wasn't nearly as arresting as the emotion boiling over in that room.

We were the true believers. Our job as delegates was not only to represent the electorate in nominating the next U.S. president, but to fire up the rest of the country, to make everyone want to join the party, so to speak.

Carol Eisenberg, a local delegate to the convention, is a writer and editor who lives on Peaks Island.



calendar

THURSDAY 4 FRIDAY 5

Do you spend your Sunday mornings in one of the churches along State Street? If not, this evening you can finally see the insides of three Portland churches: St. Luke's, State Street Church and St. Dominic's. The Tall Steeples and Stained Glass Tour is being offered by Greater Portland Landmarks. In the State Street Church you will see fine stained glass windows designed by Charles Connick of Boston. St. Luke's contains a magnificent altar and John LaFarge's famous painting, "The American Madonna." St. Dominic's is the oldest and largest of the West End churches and its stained glass dominates the interior. Meet in front of Landmarks for the tour at 5:30 pm. \$2 members, \$3 non-members.

Tonight you can hear a legend. Joe Pass is considered to be the finest jazz guitarist in history. He has performed with such jazz greats as Oscar Peterson, Duke Ellington, Dizzy Gillespie and Ella Fitzgerald. At the Portland Performing Arts Center. Showtime is 8 pm. Tickets are \$12.

Last chance. The final concert of the Bowdoin Summer Music Festival is tonight. Baritone Kurt Ollman joins the Aeolian Chamber Players. Works to be performed include "Bal Masque" by the early 20th century composer Poulenc, Rameau's "Thetis" Cantata and Beethoven's "Archduke" Trio. At the First Parish Church in Brunswick. Showtime is 8 pm. Tickets are \$10.

But if jazz and classical music are not to your tastes, the I-Tones play reggae music tonight at Raoul's and Broken Men play a tribute to the Grateful Dead at the Tree.

SATURDAY 6

Stop playing those air drums! A Brazilian Percussion Workshop with Gary Muszynski, a percussionist whose rhythms have accompanied several dance troupes including the Martha Graham Dance Company, will be held today from 10 am-5 pm at the Brackett Street Studio, 155 Brackett Street in Portland. Here's a chance to play a wide variety of authentic percussion instruments from Brazil. All levels of musical and non-musical experience are welcome. Participants in the workshop will be invited to join the Samba Parade in the Maine Arts Festival on Aug. 13. The workshop will cost you \$35. Tickets and registration forms are available at Amadeus Music on Fore Street, Portland Percussion and Raffle's Cafe Bookstore on Congress Street. For more information, call 871-1013.

Are history books too heavy for summer reading? Try a character study of Clarence Darrow instead. Darrow, counsel for the underdog and opponent of capital punishment, is known today for his defense in the celebrated Scopes Monkey Trial. Today and tomorrow he will be portrayed by James Pritchett of the Mirror Repertory Company in "Clarence Darrow - A One Man Play" by David Rintels. There will be two performances only: Aug. 6 at 3:30 pm and Aug. 7 at 8 pm. Also in rep up in Belfast are "Les Liaisons Dangereuses" and "You Can't Take It With You." These continue throughout the summer. For ticket information, call 338-5777.

SUNDAY 7 WEDNESDAY 10

Ride the wave into the '90s. Zydeco today is what reggae was 10 years ago. The music begins and your feet start to move. Come dance your socks off to the sounds of the Zydeco band Lucky 7 tonight at Zootz. Showtime is 8 pm.

MONDAY 8

Photographer Andre Kertesz is the subject of tonight's "American Masters" on PBS. The program "Andre Kertesz of the Cities" profiles the life and work of this photographer, who was one of the first to use the evolving photographic technology of the '30s to elevate photography to fine art. The program begins at 9 pm.

What happens when a professor of American Literature, fired to make room for more economists, turns the tables on college authorities? The Embassy players take a look at college politics in the comedy "How Uncivilized of You," which opens tonight at the Schoolhouse Theater off Rt. 114 in Standish. The play continues through Sept. 3. Performances are Wednesday through Saturday at 8 pm. Tickets are \$10. For reservations call, 642-3743 or 773-1648.

A Cappella. With four voices - two male and two female - the Moonbeams perform a variety of music a cappella, from renaissance madrigals to swing. Tonight they will perform at the Bandstand in Mill Creek Park in South Portland. Showtime is 7 pm. Free.

FRIDAY 12

The Maine Festival in Deering Oaks. Three days of art and entertainment. Some of the headliners include Richie Havens, Roomful of Blues, The Persuasions, Queen Ida, NRBQ and Clarence "Gate-

Step over to next weekend for The Maine Festival. Complete Schedule and highlights in the next issue. See Friday, August 12...



mouth" Brown. New additions to the festival include a circus-size tent to hold the World Traditions stage, where performers from Maine to Japan to West Africa will play traditional world music, a fireworks display on Friday at 10:30 pm and a ritual burning of Karen Gilg's Sarcen-like sculptures (made from hay and baling wire, the five 6-foot works are inspired by the many stone structures such as Stonehenge). The festival has commissioned eight contemporary works, including a dance on trapeze and swings, performance art that blends music, dance, theater and comedy and a dance which takes place in a mirror-lined maze suspended from nearby trees. All performances are staged on the Current Events stage, which floats on the Duck Pond. There will be "arty" things to buy such as limited edition Maine Festival Hawaiian Shirts and "Art dog" hot dogs. The festival

begins today at noon and continues through Sunday. This year the festival will remain open until 10:30 pm, which means you can get 10 1/2 hours of art and entertainment for your \$8.

SATURDAY 13

If you're flying around in a small plane or out on the bay with a good compass, the Monhegan Island Yacht Race will be starting 1200 yards southeast of the Witch Rock Bell at 10:50 am. The race, which each year attracts about 100 sailors, will return from the island and start crossing the finish line sometime tomorrow afternoon, weather permitting. If the conditions are rough, the sailors often won't return until Monday. The race starts and finishes off the coast in Falmouth, off shore from the Portland Yacht Club.



If there's an accordion, it must be Zydeco. See Sunday, August 7...



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THE MOVIES
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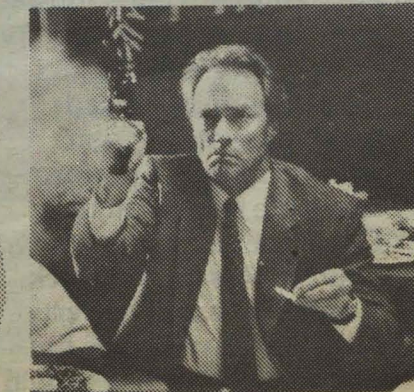
Blob If things aren't sticky enough already... (R). At the Nickelodeon: 1:40, 3:40, 7:10, 9:10.

Bull Durham Baseball and sex. Susan Sarandon has a metaphysical of baseball which she shares with minor league rookies in exchange for sexual favors. Kevin Costner shares his wisdom for cash when he can get it. ♦ recommends... (R). At the Nickelodeon: 1:10, 3:30, 7:30, 9:10; at Cinema City: 9:15 with weekend mats at 3:15 and at the Evening Star at 7, 9:05.

Caddyshack II Chevy Chase is back in the sequel to "Caddyshack," which was itself a rip-off of "Animal House" with grown-up frat boys. How many times are we expected to laugh at this stuff? (PG). At the Nickelodeon: 3:45, 7:20, 9:20 and at Cinema City: 7:15, 9:15 with weekend mats at 1:15, 3:15.

Cocktail Tom Cruise stars in this movie with a plot reminiscent of "The Color of Money." An older, experienced bartender shows Cruise the tricks of the trade and Cruise makes his way to the top pouring drinks. Yet the inevitable happens and Cruise falls in love and once again he disappoints his mentor (R). At the Maine Mall Cinemas: 1, 3, 5, 7:15, 9:20.

Coming to America Eddie Murphy plays a rich prince from a mythical kingdom who comes to Queens in search of a bride (R). At the Maine Mall Theaters: 1:30, 4, 7, 9:25.



Dead Pool Clint Eastwood's latest installment of the Dirty Harry series. Clint stalks a crazed film director, who has a hit list of people whose faces he doesn't like (R). At the Prides Corner Drive-In: 8:15 nightly.

Deadline U.S.A. Despite threats, a crusading newspaper editor goes ahead with a story about the crimes of a powerful gangster. With Humphrey Bogart and Kim Hunter. Bailey Hall, USM Gorham on Aug 10, 7 pm. Free.

Die Hard Bruce Willis plays an off-duty cop who finds himself in a building that has been captured by terrorists (R). At the Maine Mall Cinemas: 1:15, 4, 7:10, 9:45.

The Family A film by Italian director Ettore Scola that documents the trials and tribulations of a family over 80 years. Academy Award nominee for best foreign film (PG). At The Movies: Aug 10-12 at 7, 9:30. Aug 13 at 1, 7, 9:30. Aug 14 at 1.

A Fish Called Wanda Crooked comedy by the director of "The Lavender Hill Mob," with John Cleese and Jamie Lee Curtis (R). At the Maine Mall Theaters: 12:45, 3, 5:10, 7:25, 9:40.

Five Corners Ex-con returns to his neighborhood to make amends with his victim and to seek vengeance against her protector. Believe it or not, the film is billed as a comedy-thriller (R). At The Movies: Aug 3-5 at 7, 9; Aug 6 at 1, 7; Aug 7 at 1.

I've Heard the Mermaids Singing At The Movies: Aug 6 at 3, 9; Aug 7 at 3, 7:15, 9. Aug 8-9 at 7:15, 9.

License to Drive A 16-year-old flunks his driving test just in time for a hot date. To save himself from embarrassment he steals a car. What fun... At Cinema City: 7:15, 9:15 with weekend mats at 1:15 and 3:15.

Midnight Run Robert DeNiro and Charles Grodin. Someone's after Grodin and DeNiro helps him to escape. DeNiro's finest role in years (R). At the Maine Mall Cinemas: 1, 7, 9:35.

Monkey Shines Blood, guts and gore (R). At the Nickelodeon: 9:30 and at Cinema City: 7, 9 with weekend mats 1, 3.

Pippi Longstockings is back having new adventures (G). At the

What's Where

Cinema City
Westbrook Plaza
854-9116
Monkey Shines,
Crocodile Dundee II,
Caddyshack II, Bull Durham,
Big Top Pee Wee,
License to Drive.

Evening Star
Tontine Mall, Main St., Brunswick
729-5466
Bull Durham.

Maine Mall Cinemas
Maine Mall Rd., S Portland
774-1022
A Fish Called Wanda,
Cocktail, Die Hard,
Coming to America,
Who Framed Roger Rabbit,
Big Bambl,
Midnight Run.

Nickelodeon
Temple and Middle, Portland
772-9751
Bull Durham, Big Top Pee Wee,
Monkey Shines, Vibes,
Pippi Longstockings,
Caddyshack II, The Blob,
The Rescue,
Big Top Pee Wee.

Prides Corner Drive-In
Rt 302, Westbrook
797-3154
Dead Pool, Beetlejuice.

The Movies
10 Exchange, Portland
772-3600
5 Corners, The Family,
I've Heard the Mermaids Singing.

Nickelodeon: 1:30.

The Rescue (PG). At the Nickelodeon: 1:20, 3:30, 7:20, 9:40.

Vibes Cindi Lauper and Jeff Goldblum star in this movie about the sixth sense (PG). At the Nickelodeon: 1, 3:20, 7:30, 9:50.

Who Framed Roger Rabbit? Bob Hoskins plays the cheap detective hired to help Roger Rabbit find out who has really murdered the big man of Toon Town. Poor Roger's been framed ♦ recommends... (PG). At the Maine Mall Cinemas: 12:45, 2:55, 5, 7:10, 9:20.

MUSIC

rock+roll

Bonnie Raitt will perform with her six-piece band. Opening: Treat Her Right, City Hall Auditorium in Portland, Aug 4. Showtime is 8 pm. Tickets available at Ticketron, the Record Exchange and Strawberies and Teletron 800-382-8080.

It Figures Aug 4 at the Tree Cafe, 45 Danforth, Portland, 774-1441.

Eddie & the Erector Set Aug 4 at Geno's, 13 Brown, Portland, 761-2506.

Daggett & the All Stars Aug 4 at Moose Alley, 46 Market, Portland, 774-1093.

The Mixx Aug 4-6 at Mr. Goodbar, 8 W Grand, Old Orchard Beach, 934-9285.

Broken Men Aug 5 at the Tree Cafe, 45 Danforth, Portland, 774-1441.

Queers from Boston, Wild Hearts and Bates Motel Aug 5 at Geno's, 13 Brown, Portland, 761-2506.

The Boys Aug 5-6. Band from Portsmouth, N.H., plays at the Dry Dock, 84 Commercial, Portland, 774-3550.

Silent Prophet Aug 5-6 at the Marble Bar, 51 York, Portland, 773-5516.

Sporting Bachelors from NYC, Talismen and Kidstiff Aug 6 at Geno's, 13 Brown, Portland, 761-2506.

Boyz Aug 5-6 at the Brunswick, Old Orchard Beach, 934-9285.

Guilty Aug 5-6 at LB's Pub, Rt 302, N Windham, 892-8923.

Madame Aug 6. A Canadian rock band plays under the stars at Cape Neddick Park on River Rd. Showtime is 8 pm. For more information, call 363-4139.

Gargoyles Aug 6 at Port Rendezvous, 9 Dana, Portland, 772-0772.

Real Band Aug 7-8 at Mr. Goodbar, 8 W Grand, Old Orchard Beach, 934-9285.

Apart Aug 7. Eight of Portland's best musicians at the Tree Cafe, 45 Danforth, Portland, 774-1441.

Inspectors Aug 7-9 at the Brunswick, Old Orchard Beach, 934-9285.

MORE...

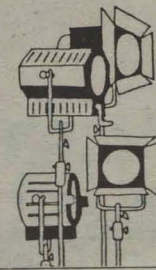
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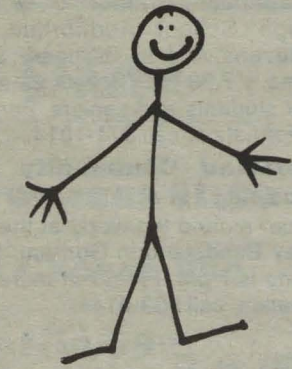
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- 8.4 Broken Men
- 8.6 Don Foote's
- Country Jamboree
- 8.7 Charlie Brown Orchestra
- 8.9 The Sirens
- 8.10 Rigamarole &
The Old Joe Bones Band

8.11 Dan Hicks
of The Hot Licks
and The Acoustic Warriors

Coming August 16: Toots and The Maytals
45 Danforth Street, Portland

CRITIQUE

by Michael Hughes

MUSIC WITH A "HUMAN QUALITY"

Getting the Zydeco

If that little cooked crawfish on your license plate isn't enough to convince you that somebody around here has the zydeco, take a look at the music that's headed this way. In the next few weeks, Club Zootz presents Lucky Seven (Aug. 7) and Terrence Simien and the Mallet Playboys (Aug. 28), the spectacular Queen Ida and her Bon Temps Band tear it up at the Maine Festival (Aug. 14), and D.L. Menard and the Louisiana Aces appear at the Portland Performing Arts Center (Sept. 9).

To begin to get a sense of where Cajun and zydeco music come from, forget the late 1980s for a moment and drift back a few centuries. Forget the fast-land hip-hop of the music biz and envision the backbreaking promise of tenant farming, the inhospitable, insect-ridden landscape of southwest Louisiana. Imagine neighborhood crawfish boils, accordions and fiddles ringing out over the trackless backcountry, and a culture of outcasts with a language and traditions ignored by America for hundreds of years.

Zydeco is the black Creole expression of Cajun music, a music that the French Acadians brought to the isolated, hard-scrabble bayous and prairies of southwest Louisiana and east Texas when they were driven from Canada by the English in the mid-18th century. African slaves and Haitian free people of color also settled the area in this period, and Carribean French slaves, later known as Creoles, came to

Louisiana with the exiled French planters driven from Cuba.

The music that began to emerge from this pluralistic peoples over the generations grew from the early French ballads, story songs and contradances of the Acadians, the inspirational religious music of the "jere" singers, and the percussion-based ceremonial music of Africa. Fiddle, accordion and the bastingue (triangle) were the instruments of choice in early Cajun and Creole music, and black and white musicians would gather together to play at Creole "fais do-do's," or house parties.

With the rise of radio and the explosion of rhythm & blues after World War II, the songs and the instrumentation of the Cajuns and Creoles began to change and diverge. Corrugated steel vests took the place of the traditional washboard of Cajun music and the rhythms became even more syncopated, the French songs were speeded up and the lyrics simplified, and electric instruments and amplification produced more punch and volume at bawling, crowded country dances.

This music, with its zig-zag beat and more urban R&B, blues and jazz influences, became known first as "la-la" or "pic-nic," and then zydeco.

"Classic" zydeco music, as played by such legendary figures as Clifton Chenier and Rockin' Doopsie, is, as Doopsie once explained, "a little jazz, a little blues, a little French, and a little rhythm and blues, all mixed together." The zydeco exported by Queen Ida and

such younger musicians as Terrence Simien and Chicago's Lucky Seven follows Doopsie's description, but each band has its own approach to the zydeco.

Lucky Seven is a rockabilly and rock & roll band that occasionally pulls out an accordion for a zydeco-cum-demolition rock number. Simien and Queen Ida, however, are both working from the heart of traditional zydeco. Accordionist Queen Ida, a grandmother, is a fine bluesy singer and a prolific composer, and her band is familiar to local audiences from many local performances. Terrence Simien and his Mallet Playboys, riding a wave of popularity from their appearance in the film "The Big Easy," have also performed in Portland.

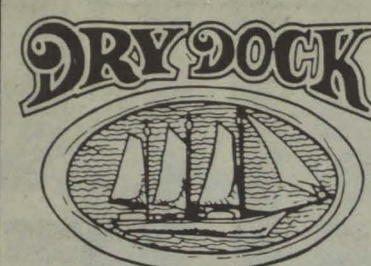
Simien's long card is the tremendous power of his live performances. "He puts out an incredible amount of energy," says Kris Klark of Zootz. "His washboard player drinks about eight cups of coffee with four teaspoons of sugar in each before a show. The band puts out so much energy they're exhausting."

Zydeco continues to develop as its musical ambassadors let the good times roll further and further afield of the land and people that gave birth to it. As musician and musicologist Ann Allen Savoy wrote in her excellent history and songbook, "Cajun Music: A Reflection of a People," one reason Cajun and zydeco music are so warmly received by a growing audience is that it has "a warmth, a human quality about it that so many people find lacking in their modern worlds and in modern music."

Or, as Clifton Chenier, the king of zydeco, sang in "Les haricots sont pas sales: "Oh, man, let's zydeco! Let's run it and have a good time!"

Michael Hughes got the zydeco a long time ago, but he takes his coffee black with one sugar.





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MUSIC

Rigamoro Aug 10. Psychedelia at the Tree Cafe, 45 Danforth, Portland. 774-1441.
Lost Moxies Aug 10 at Geno's, 13 Brown, Portland. 761-2506.
Toasters Aug 11 at Raoul's, 865 Forest, Portland. 773-6886.
Blockyard Aug 11-14 at the Brunswick, Old Orchard Beach. 934-9285.
The Look Aug 11-13 at Moose Alley, 46 Market, Portland. 774-1093.
Steve Howell and The Wolves Aug 12-13 at the Marble Bar, 51 York, Portland. 773-5516.

r+b

Red Light Revue plays swing and r+b every Wednesday at Raoul's, 865 Forest, Portland. For more information, call 773-6886.
Upsetters Aug 5-6 at Moose Alley, 46 Market, Portland. 774-1093. Aug 9-10 at Mr. Goodbar, 8 W Grand, Old Orchard Beach. 934-9285.
Mr. Thing and the Professional Human Beings Aug 12-13 Funk and r+b at the Dry Dock, 84 Commercial, Portland. 774-3550.
Neil and his NiteLifes at Raoul's, 865 Forest, Portland. 774-1441.

dancing+

Zootz, 31 Forest, Portland. Thu, new music, Fri-Sat, eclectic dance mix. Sun, ballroom dancing - jitterbugging, cha cha, mambo; instruction, 5-6 pm, dancing 6-9 pm. Sun, from 9 pm, request Night. Mon, Blue Monday - chem free dancing to rap, funk. Wed, chem free dancing to new wave. 773-8187.
Exchange Club, 29 Exchange, Portland. Thu, DJ Bobbie Scritchfield plays rock and roll. Fri-Sat, top 40, classic rock and new music. Mon-Tue, MTV nights. Wed, rock and roll dancing with WBLM DJ Eddie Hoffman. 773-0500.

rockabilly+

Don Footes Country Jam-boree Aug 6 With Push Push at the Tree Cafe, 45 Danforth, Portland. 774-1441.
Sleepy LaBeef Aug 4. He knows a thousand songs. Raoul's, 865 Forest, Portland. 773-6886.

folk+acoustic

Anni Clark Aug 4 at Freeport Horsefeathers, Rt 1. 865-4005.
Rick Watson Duo Aug 4 at Horsefeathers, 193 Middle, Portland. 773-3501.
Gopher Broke Aug 4-6 at Barnhouse Tavern, Rt 35, N Windham. 892-2221.
Lazy Mercedes Aug 4 at Port Rendezvous, 9 Dana, Portland. 772-0772.
Bob Halperin & Rockin' Jake Aug 5-6 at Horsefeathers, 193 Middle, Portland. 773-3501.
A.T. McHugh Aug 5-6 at Freeport Horsefeathers, Rt 1. 865-4005.
Curt Bessette Aug 4 and 11, 5-7 pm at Horsefeathers, 193 Middle, Portland. 773-3501. Aug 7, 5-7 pm at Freeport Horsefeathers, Rt 1. 865-4005.
Tim Bishop Aug 9 at Horsefeathers, 193 Middle, Portland. 773-3501.
Douglas Clegg Aug 10 at Horsefeathers, 193 Middle, Portland. 773-3501.
Scott Folsom Aug 10-11 at Barnhouse Tavern, Rt 35, N Windham. 892-2221.
Dan Hicks Aug 11. Hicks, formally of the Hot Licks, plays with his new band the Acoustic Warriors at the Tree Cafe, 45 Danforth, Portland. 774-1441.
Arthur Webster Aug 11 at Freeport Horsefeathers, Rt 1. 865-4005.
Tom Pirozzoli Aug 11 at Horsefeathers, 193 Middle, Portland. 773-3501.
Aztec Two-Step Aug 12 at Raoul's, 865 Forest, Portland. 773-6886.
Catherine David Duo Aug 12-

13 at Horsefeathers, 193 Middle, Portland. 773-3501.
Tom Dyhrberg Aug 12-13 at Barnhouse Tavern, Rt 35, N Windham. 892-2221.

Tom Paxton Aug 13. Cape Neddick Park on River Rd in Cape Neddick. Showtime is 8 pm. Tickets \$12 in advance, \$14 at the gate. For more information, call 363-4139.

reggae

I-Tones Aug 5 at Raoul's, 865 Forest, Portland. 773-6886.
Reggae Dance Party every Sunday night with Dani Tribesmen at Raoul's, 865 Forest, Portland. 773-6886.
Bim Ska La Bim Aug 12. Ska at the Tree Cafe, 45 Danforth, Portland. 774-1441.

zydeco

Lucky Seven Aug 7 at Zootz, 31 Forest, Portland. 773-8187.

blues

Buddy Guy & Junior Wells Aug 6. Two greats play the blues at Raoul's, 865 Forest, Portland.

jazz

Joe Pass Aug 5. Pass plays jazz guitar. Portland Performing Arts Center, 254 Forest Ave. Showtime is 8 pm. Tickets \$12. For more information, call 774-0465.

Intown Portland Exchange Noontime Performance Series
Thursday, Aug 4
Tom Pirozzoli, Tommy's Park
Friday, Aug 5
Heart of Gold, Monument Sq
Monday, Aug 8
Jeff Aumiller, Congress Sq
Tuesday, Aug 9
Los Latinos, Canal Plaza
Wednesday, Aug 10
Practical Cats, Monument Sq
Thursday, Aug 11
Camp Encore/Coda jazz Band
Maine Savings Plaza
Friday, Aug 12
Randy Judkins, Tommy's Park
12 noon-1:30 pm

Bellamy Jazz Aug 4, 11. Dixieland aboard Longfellow Cruise Lines. Departs from Long Wharf, Portland. Showtime is 7:30 and 10 pm. Tickets \$10/\$12.50. For more information, call 774-3578.
Jenny Menna Quartet Aug 6 at the Center for the Arts in the Chocolate Church, Bath. Showtime is 8 pm. Tickets \$8/\$6. For more information, call 442-8455.
East End Jazz Quartet Aug 7, 4:30 pm at Horsefeathers, 193 Middle, Portland. 773-3501.
In Transition Aug 9 Electric jazz in Deering Oaks Park, Portland. Showtime is 6:30 pm. Free. For more information, call 775-5451 x300.

classical

Bowdoin Summer Music Fest Aug 5. Baritone Kurt Ollmann performs with the Aeolian Chamber Players. Selections include Poulenc's "Bal Masque," Rameau's "Thetis Cantata" and Beethoven's "Archduke Trio" at the First Parish Church, Brunswick. Showtime is 8 pm. Tickets \$10. For more information, call 725-3895.
Summer Organ Concert Aug 5. Concert performed by Victoria Sirota. Music of Bach, Mendelssohn, Robert Sirota and Dame Ethel Smythe. City Hall Auditorium, Portland. Showtime is 12 noon. Donations appreciated. Sponsored by the Friends of Kotschmar Organ.
Vox Humana Duo Aug 9. Organist Louise Munding and mezzo-soprano Jocelyn Kalamian perform the music of Rossini, Ives, Mendelssohn and Barber at City Hall Auditorium, Portland. Showtime is 8 pm. Donations appreciated. Sponsored by the Friends of Kotschmar Organ.
Four-part a cappella Aug 10. The Moonbeams. Renaissance madrigals and other sounds at Mill Creek Park in S Portland. Showtime is 7 pm. Free. For more information, call 799-7996.
Summer Organ Concert Aug 12. Susan Armstrong-Ouellette.

Music of Sowerby, Verdi, Bach, and Vidor. City Hall Auditorium, Portland. Showtime is 12 noon. Donations Appreciated. Sponsored by the Friends of Kotschmar Organ.

Alliance Francaise presents the Ensemble Vocal Patrick Marco Aug 12. 27-voice chorale from France. Music of Mozart, Faure, Offenbach. Catherine McAuley High School Auditorium, 631 Stevens Ave in Portland. Showtime is 7:30 pm. Tickets \$3 and \$1 for students and seniors. For more information, call 871-1014.

Portland Community Chorus Aug 11. A selection of songs from around the world at the Phinney Bandstand in Gorham. Showtime is 7 pm. Free. For more information, call 839-8144.

ON STAGE

Baby with the Bathwater Written by playwright Christopher Durang. Comic exploration of modern parenting which follows the life of the kid through his turbulent childhood and into an adulthood characterized by a crippling identity confusion. At the Theater Project, 14 School St., Brunswick. Aug 5-7. Showtime is 8 pm. Tickets are \$6-\$8. For more information, call 729-8584.

Hold on Molly Musical adventure sent in 18th century Maine. Through Aug 6. Performed by the Embassy Players at the Schoolhouse Theater, Rt 144, Standish. Showtime is Wed-Sat at 8 pm. Tickets \$10. For more information, call 642-3743 or 773-1648.

The Mystery of Edwin Drood Based on the unfinished novel by Charles Dickens, this is a solve-it-yourself murder mystery - the audience decides the ending - performed by the Maine State Music Theater. Through Aug 14 at Pickard Theater, Bowdoin College, Brunswick. Showtime is Tue-Sat at 8 pm; Wed, Fri and Sun matinees at 2 pm. Tickets \$10-\$19. For more information, call 725-8769.

The Female Odd Couple by Neil Simon. Aug 4-6 and 11-13 at the Thomas Inn and Playhouse in S Casco. Showtime is 8:15 pm. Tickets \$10. For more information, call 655-3292.
Singer and Storyteller Mainer Kendall Morse tells tales of native livin'. Phinney Bandstand in Gorham. Aug 4. Showtime is 7 pm. Free. For more information, call 839-8144.

Taking Steps Contemporary British farce concerning six frantic characters each absorbed in his or her own problems. As they try to resolve their difficulties everything gets worse. Written by Alan Ayckbourn. Aug 4 at 8 pm. Aug 6, 10 at 2 pm. Theater at Monmouth on Rt 132. Tickets \$7.50-\$12.00. For more information, call 933-9999.

Modern Dance Oxygen Debt performs works choreographed and performed by members of the troupe. The title work "Mobile" is set to the New Orleans sounds of the Dirty Dozen Brass Band. Aug 4-7 at Theatre of Fantasy, 50 Danforth in Portland. Showtime is 8 pm. Sunday at 3 pm. Tickets \$5-\$7. For more information, call 774-1553.

Jane Eyre Musical version of Bronte's classic love tale. Directed by Ted Davis with a score by David Clark. Aug 5, 7, 11-12 at 8 pm. Aug 13 matinee at 2 pm. Theater at Monmouth, Rt 132 in Monmouth. Tickets \$7.50-\$12. For more information, call 933-9999.

Richard II Shakespeare's history. Aug 9, 13 at 8 pm. The Theater at Monmouth, Rt 132. Tickets \$7.50-\$12. For more information, call 933-9999.

How Uncivilized of You The Embassy Players' comedy about college politics opens Aug 10 and continues through Sep 3. At the Schoolhouse Theater, off Rt 114 in Standish. Showtime is Wed-Sat at 8 pm. Tickets are \$10, \$5 for children under 12. For more information, call 642-3743 or 773-1648.

MORE...



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EATS

August 4, 1988

by Althea Kaye

ETHNIC DINING

Hedonism here we come?

I am generally very leery about ethnic restaurants. After all, just because Mama or Papa were good cooks back home in their native villages or city doesn't necessarily mean they are good cooks. If you know what I mean.

This distrust is a failing on my part. It is partly due to my having lived and traveled in many different countries. And partly because experience has shown me that ethnic cuisine out of its home bases usually has to be, for various reasons, tempered somewhat. There is the unavailability of local spices and condiments; or the slow death of produce, harvested before its prime, as it travels across oceans and/or land miles. However, before I am picked apart like a succulent boiled crab, let me clarify the statement by excluding big cities such as New York and Boston and Toronto which, with their large and constantly-growing ethnic populations, do get regular shipments of decent exotic foodstuffs.

While Portland has not yet reached the status of such hedonistic, cosmopolitan cities (however much it likes to think it has), its restaurant scene is getting decidedly more ethnic.

babs, accompanied by rice. The similarity stops here, and the gustatory differences begin.

When my Portland-born and -bred friend entered the small and narrow restaurant, he muttered about the wisdom of my choice. His apprehension disappeared very shortly after. In fact, he returned two nights later with three others in tow.

Eating at the Afghan is like having dinner at a distant cousin's. You are welcome, but not gushed over. Papa, like a favorite uncle, is always ready to get into a rip-roaring discussion of politics or sit and have a leisurely chat. These seven or eight tables are not crowded together, so neighboring conversations cannot be overheard. (Which to curious ears is a distinct disadvantage!)

The Xeroxed menu is interesting. Not only for its offerings but for its innovative pricing. Each of the five entrees cost \$6.67. Add tax to this odd amount and you get a neat \$7.00. Ingenious, no?

For this sum you get a three-course meal, starting with a small salad that stays crisp in its dressing of watered-down sugared vinegar (it tastes better than it sounds), a vegetable side dish accompanying the entree, and a nutty honey dessert that most likely shared origins with its gooey-er and nuttier Greek sister, baklava.

We decided to try the house special - a dish offering a little of everything on the menu. For \$9.52 (or \$10 with tax) our meal consisted of a piece of slightly fatty, hence flavorful, tender braised lamb; a drumstick made piquant with orange peel; a wedge of eggs scrambled with ground beef; a gorgeous (both to look and taste) pleated pocket of beef-stuffed pasta topped with a dollop of yogurt; and a small lamb kebab atop rice that had obviously been cooked in a flavored saffron (or could it have been cumin?) broth. Accompanying this plenteous offering was a titillating mound of spicily hot green beans; dal or yellow lentils simmered until pureed; and a spinach mixture that will entice even the most adamant of spinach haters. Proof positive was my friend who wolfed down my portion, too!

If you want to shock your tastebuds into something different yet delicate; something spicy but not overpowering; and if you want to have some moo-lah left for the rest of the week without resorting to bread and water, then go to the Afghan. But two words of caution: Oenophiles bring your own libations and java lovers (47 cents) have your after-dinner coffee elsewhere.

If you think Thai food is an adulterated version of Chinese food then the glass-enclosed Thai Garden will make you change your mind. Start with their Tom Kha Kai (\$1.95). My guest, visiting from Louisiana, swooned over this coconut-lime juice soup full of chunky chicken cubes and festooned with onelemonleaf and a green miniature birds-eye chili. The chili should only be eaten by those wishing to numb their palates. Our waitress also recommended the Seafood Barbeque (\$5.50). The two brochettes of melt-in-your-mouth scallops, shrimp, tender squid and the usual kebab vegetables in a light

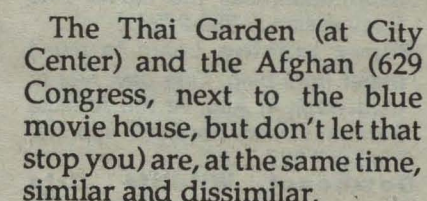


sweet, sour sauce was good but couldn't hold a candle (or soup-spoon) to the soup.

It is likely that each dish is individually prepared, since there was a wait for our dinners with their accompanying bowl of rice. We shared an order of Laab (\$7.50) and Thai Wing, an appetizer at \$3.95. The eight or so deep fried chicken wings were ungainly, crisp and - if I may be pardoned - feather light. Laab was a mound of pork (you may have chicken or beef, instead), onions, scallions, mint and sweet rice that had been roasted and crushed. All finely, finely chopped. The entire dish, because of its appearance and crunchiness, reminded me of burghul, a Middle Eastern dish of cracked ground wheat. Eating Laab is like eating peanuts. It is difficult to stop. Even though we were both sated.

Eating is like love. Both should be done with great abandon. And with such exotic ethnic dining available now in Portland, can hedonism be far behind?

Althea Kaye writes about food and dining. She also is no stranger to hedonism.



The Thai Garden (at City Center) and the Afghan (629 Congress, next to the blue movie house, but don't let that stop you) are, at the same time, similar and dissimilar.

They are both family owned and operated. Coincidentally, both families arrived five years ago. Mother does the cooking and, at the Afghan, father is the genial and relaxed maitre-d'hotel. Sons and daughters serve the meals, while other family members no doubt pitch in behind the stoves, woks or braziers.

Both restaurants use similar spices. Saffron and chilis; lime and lemon leaves; ginger, mint and coriander. Both offer lamb and their own version of ke-

ON STAGE MORE

Two Gentlemen of Verona Shakespeare's comedy. Aug 11, 17 at 8 pm. The Theater at Monmouth, Rt 132 in Monmouth. Tickets \$7.50-\$12.50. For more information, call 933-9999.

GALA

Big Apple Circus presented by the Portland Concert Association at Payson Park, off Baxter Blvd in Portland. Under-the-big-top circus Aug 2-7. Tickets are \$7-\$13. For more information, call 772-8630.

South Freeport Summer Festival at South Freeport Church, South St in South Freeport. Aug 5-7. Boat rides, barbecued chicken and plenty of good things to buy daily. \$K road race on Sat at 8 am. Friday at 7:30 pm members of the Portland Folk Club perform. Contradance on Sat at 7:30 pm and the festival rounds up with a jazz concert with Northgate Jazz on Sun at 2 pm. Festival begins at noon on Friday. Concerts and dance are \$3 for adults, \$1.50 for kids. For more information, call 865-6048.

Are you a laughing loon?

Former campers are invited to attend the sixth annual Camp Laughing Loon Alumnae Reunion. Campground will open at 10 am on Sat for swimming, boating and picnicking. Campfire at 1 pm. Little Ossipee Lake campgrounds in East Waterboro. August 6-7. For more information, call Chris Hewes Williams 247-5272 or Marcia Small Charles 892-2771.

Bargains Downtown on Congress St. 1988 City Sidewalk Sale Days. Aug 3-5. Many activities and the lowest prices of the year. For more information, call the Intown Portland Exchange, 772-8828.

Downeast Wildlife Arts Festival at the USM Portland gym. Maine Wildlife Woodcarvers 3rd Annual festival. All media of wildlife-related art. About two-thirds of the work is done by Maine artists. Five winning entries from the Maine Duck Stamp Competition will also be exhibited. Aug 6, 9 am-5 pm; Aug 7, 9 am-3 pm. \$2 adults and free for children under 12. For more information, call 846-3544.

Brunswick Street Fair on the Town Mall in Brunswick. Aug 6, 10 am-6 pm. Free entertainment on three stages. Performers include Tom Robinson, Royal River Jazz Band, Devonsquare, Atlantic String Quartet, Jenna Menna Jazz Quartet, and Clown Al and Young People's Theater. Street Dance from 6:30-9:30 pm.

United Maine Craftsman Fair at the Cumberland County Fairgrounds, Aug 12-14. All types of crafts exhibited by the best craftsmen in the organization. Fair is open daily, 10 am-6 pm. \$2 and free for children under 12.

Maine Festival at Deering Oaks Park on Aug 12-14. Pick up next week's listings for a complete schedule of events.

Waynflete Alumni Open House at the Waynflete School, Spring St in Portland. Refreshments, display of school memorabilia and a tour of the expanded campus with Headmaster William M. Bennett. Aug 12, 2-4 pm. For more information, call 772-6832.

Art-In-The-Park Mill Creek Park, S Portland. Art sale and international foods. Aug 13.

Traditional Italian Street Festival Aug 13-14 at St Peter's, 72 Federal Street on Munjoy Hill in Portland. 63rd Annual Bazaar in honor of St. Rocco. An Old World Celebration. Saturday and Sunday, 3:30-10 pm. For more information, call 773-0748.

Wild blueberries Maine Festivals. Rangely Lakes Blueberry Festival on Aug 18, 10 am-2 pm at the Rangely Inn Green on Main Street. Machias Blueberry Festival, Aug 19-21 lots of blueberries and a musical production "Berry the Blues." Annual State of Maine Blueberry festival, Aug 21-27 in Union - free pies to all festival goers on Aug 26 at noon.

Farmers' Markets Wednesdays at Federal & Pearl, Portland, and Saturdays at Deering Oaks. 7 am-1 pm.

ON THE WALL

Portland Museum of Art Seven Congress Square, Portland. Hours: Tue-Sat, 10-5; Sun, 12-5; Free on Thursday evenings, 5-9. Current exhibits: "Five Years in One Hundred: The Portland Museum of Art Collection Since 1983," an exhibit for the fifth anniversary celebration of the PMA that traces the development of the museum's collection (through Aug 14). Selected works by Marsden Hartley (1877-1943), a Maine painter whose paintings and drawings display the cubist and primitive influences that characterized his strong style (through Aug 21). Paintings of Murray Hantman, a contemporary painter whose large-scale canvases meld hard-edged geometrics with prismatic colors (through Sep 18). The Hamilton Easter Field

Stonecoast Writers' Conference USM Gorham through Aug 12

Readings at 7 pm, Anderson Hall
Aug 4, Elizabeth Spires Poetry
Aug 5, R.H.W. Dillard Fiction
Aug 8 Madison Bell and Garrett Hongo Fiction and poetry

Aug 9 Alyson Hagy and Kenneth Rosen Fiction and poetry
Aug 10, Cathryn Hankla Fiction
Aug 11, Carolyn Chute Fiction

♦♦♦ Lectures and readings at 1 pm, Anderson Hall
Aug 4, Lecture Mary Elsie Robertson
Aug 5, Lecture R.H.W. Dillard
Aug 8, Fiction reading Members of the Novel Workshop
Aug 9, Fiction reading Members of the Fiction Workshop
Aug 10, Reading Staff Assistants
Aug 11, Poetry reading Members of the Poetry Workshop
Aug 12, Fiction reading Robley Wilson, Jr.

All readings and lectures are free and open to the public

♦♦♦♦♦

Collection, which includes works by Stuart Davis, Walter Kuhn, Peggy Bacon and Marsden Hartley (through Sep 18). 775-6148.

Maine Audubon Society, Gillsland Farm, Rt 1 in Falmouth. Paintings of animals and natural scenes by Ed Peter Berube. His work has been shown in Chicago, New York. Hours: Mon-Sat, 9-5. 781-2330.

The Art of Dining Artwork displayed on the walls in restaurants around town. Good Egg Cafe, 705 Congress, Portland: Paintings by David Cedrone and Friends. Raffle's Cafe Bookstore, 555 Congress, Portland: Pottery tablets and wheels by Mike Danko through Aug 6. Alberta's, 27 Forest, Portland: Teresa Sullivan shows her paintings through Sep 9.

Sculpture by Rose Wunderbaum and work by members of the Association of American Painters and Sculptures. Walt Kuhn Gallery, Cape Neddick Park on River Rd. Through August 7. Hours: Wed-Sun, 10 am-4 pm. 363-4139.

Eric Hopkins Sculptures. Opening reception on Aug 5, 5-7 pm at Barridoff Galleries, 26 Free, Portland. Exhibit continues through Aug 31. Also a large selection of 19th and Early 20th Century American Paintings and Drawings. Hours: Mon-Fri, 10-5; Sat, 12-4. 772-5011

Congress Square Gallery 594 Congress, Portland. Oils by Sherry Miller, Phillip Barter and Wendy Kindred, oil pastels & etchings by Keith Rendall and acrylics by John Gallagher. Through Sep 3. Hours: Mon-Sat, 10-6. 774-3369.

Maine Photographic Images: 1973-1988 opens on

July 28 at Maine Coast Artists in Rockport. Show includes works by 55 photographers and focuses on photography as a fine art. Hours: Tue-Sun, 10-5. 236-2875.

Summer Juried Show opens at the Chocolate Church, 804 Washington in Bath. All media except photography. Exhibition runs through Sep 5. 442-6455.

Bellevue artist Harold Garde shows his paintings and monotypes at Dean Velentgas Gallery, 60 Hampshire, Portland. Through Aug 21. Hours: Thu, 5-9 pm, Sat-Sun, 1-5 or by appointment at 772-2042.

Above and Below the Sea Exhibit of aquatic paintings and sculpture at Hobe Sound Galleries North, One Milk St., Portland. Ten percent of the total artwork sales will go to the Gulf of Maine Aquarium. Show continues through Aug 27. Hours: Tue-Sat, 10:30 am-5 pm. 773-2755.

Bruce Pizzichillo Multi-layered, innovative sculptures at the Stein Glass Gallery, 20 Milk, Portland. Through Sep 6. Hours: Mon-Sat, 11-5:30. 772-9072.

John Swan New paintings by the nationally known Maine artist at Gallery 127, 127 Middle, Portland. Through Aug 12. Hours: Mon-Sat, 10-6; Thu, 10-8. 773-3317.

Oceanic Sculptures and drawings by Libby Lyman at the Portland Public Library, 5 Monument Square, Portland. Through Aug 18. 773-4761.

All-Maine Biennial "Works on Paper." A juried show for artists working on paper at USM Gorham. July 10-Aug 11. Hours: Sun-Thu, 12-4 pm.

Suzanne Stohman Black and white photography through the summer at Fretz & Young, City Center, Portland. Hours: Mon-Fri, 10-6; Sat, 10-5. 761-4550.

Fresh Paint Recent paintings by Dozier Bell, Camille Cole, Marsha Donahue, William Manning and Gregory Welch at Baxter Gallery, PSA, 619 Congress, Portland, through Aug 5. Hours: Mon-Fri, 10-4. 775-3052.

New England Now Contemporary works by New England artists at Walker Art Museum, Bowdoin College, Brunswick, through Sep 4. Hours: Tue-Sat, 10-8; Sun, 2-5. 725-3000.

Maine Historical Society 485 Congress, Portland. "Portland's Lost Youth," sketches of Portland from before the fire of 1885 by Charles O. Goodhue (1835-1910). Hours: Tue-Fri, 9-5. Thu until 7. 774-1822.

Nancy Margolis Gallery 367 Fore, Portland. Jewelry, glass, furniture, and ceramics by several artists. Hours: Mon-Sat, 10-9; Sun, 11-5. 775-3822.

Individual Artist Fellowship Program Six \$2,000 fellowships to be awarded to writers and visual artists. Deadline, Sept 1. For more information, call the Maine Arts Commission at 289-2724.

Paper making Learn to make paper from pulp. One day, first or third week in Aug. At the Arcadia Farm in Casco. For more information, call 627-7106.

Downeast Wildlife Arts Festival at the USM Portland gym. Maine Wildlife Woodcarvers 3rd Annual festival. All media of wildlife-related art. About two-thirds of the work is done by Maine artists. Five winning entries from the Maine Duck Stamp Competition will also be exhibited. Aug 6, 9 am-5 pm; Aug 7, 9 am-3 pm. \$2 adults and free for children under 12. For more information, call 846-3544.

United Maine Craftsman Fair at the Cumberland County Fairgrounds, Aug 12-14. All types of crafts exhibited by the best craftsmen in the organization. Fair is open daily, 10 am-6 pm. \$2 and free for children under 12.

Crafts Fair Aug 13-14 at the Maine Aquarium, Rt 1 in Saco. For more information, call 284-4511.

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SPORT

by Mike Quinn

Bikers Beware

If your car breaks down as often as mine does, then you should consider riding a bicycle. It seems that of late Portland, has gone bicycle-crazy. This basically means that we live in a very fit city - especially if you are a car mechanic.

While doing research for this article at my favorite beach spot, I witnessed two classic examples of the best and worst of this sport. My favorite bicycle scene these days is when the father and mother and three or four kids all peddle in a row, reminiscent of a family of ducks plodding along to the nearest bread crumbs or popcorn. Human lines usually end up at an ice-cream shop.

The members of this entourage each has his or her own distinctive style or trademark. The mother is easiest to spot. Her bike is the one with the ageless "Wizard of Oz" Miss Gulch/Wicked Witch basket designed to carry a first-aid kit, sandwiches and Toto. The father's bike is a brand new 10-speed that goes so slow it's an all-out effort for him to stay moving. He bobs from side to side sporting hideous Bermuda shorts and a puzzled look as to why he wasted so much money on his fancy spokes. Another common trick of Dad's is to peddle furiously backward giving new meaning to the oft-used phrases "going nowhere fast" and "looking stupid."

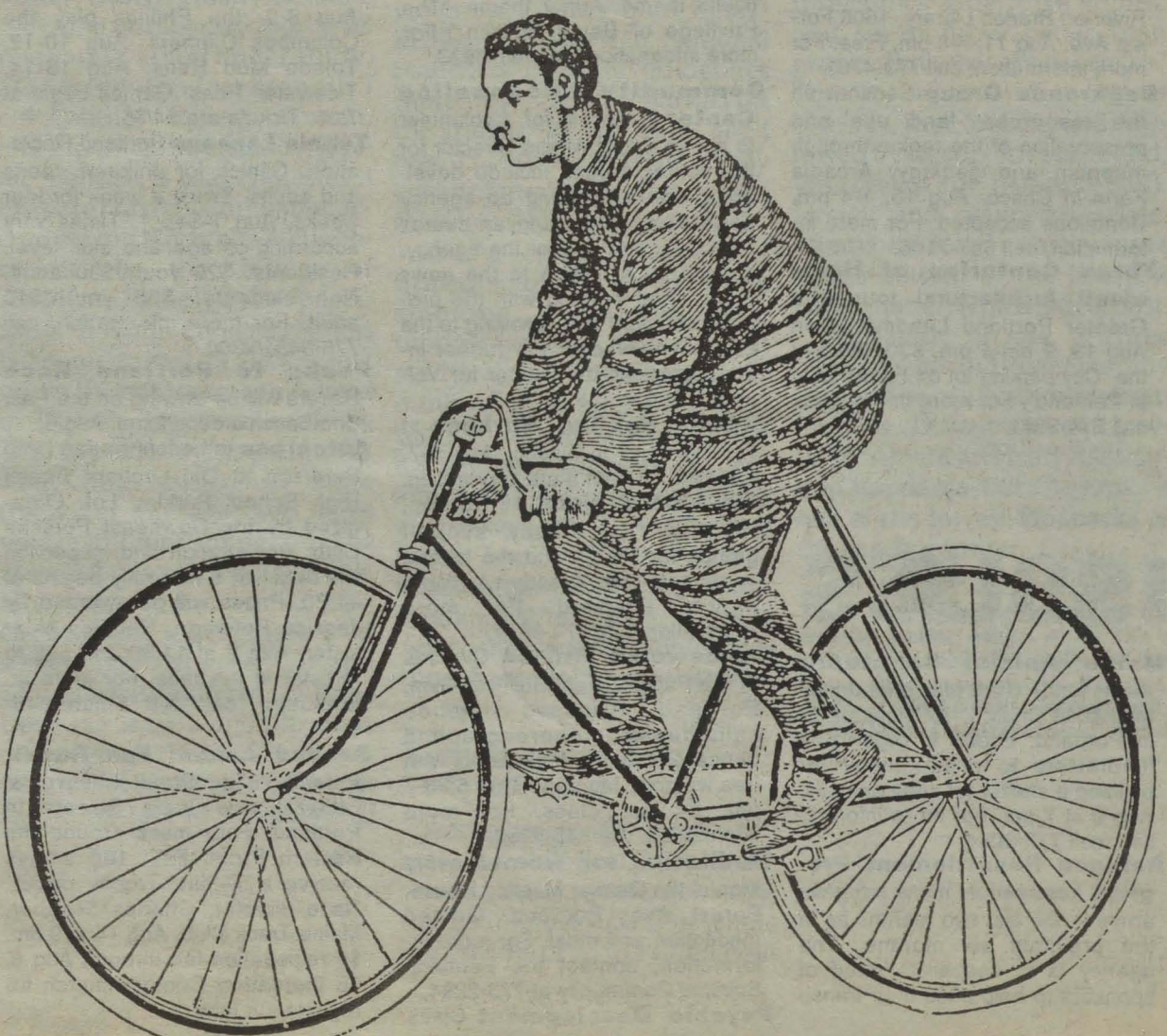
Andy Rooney and I were wondering why families who ride their bicycles in near-perfect, June Taylor Dancers, one-behind-another lines grow up

The pumped-up children would fly if they could, even if they had never seen "E.T." Every effort is made by each child to get smack dab in the front of the parade. However, this plan is futile because their own Miss Gulch barks incessantly "get back into line my pretty, and your little sister, too." Children, once they learn the lead position is not negotiable, like to trade the middle spots, jockeying carefully, waiting for the "window" to open and then zooming in like the Blue (pre-)Teen Angels. The younger kids seem to prefer the Sting Ray style because they think it makes them cooler than the summer breeze, and also allows for much better wheelies. The safe families use their head and wear helmets while others hang their chances on Blue Cross alone.

Now for the bad news. My least favorite bicycle scenario in Portland is when three or four bikes ride parallel and directly across from one another on a busy road, essentially blocking traffic behind them. This practice is considered dangerous because in any collision on any given day the average car will demolish the average bike. Please don't try this collision at home; your time is better spent reading the rest of this publication.

Whether you're riding with or without your mother, have fun on your bicycle, but be safe. Portland is too great a city to spin your wheels without engaging your brain first. Sounds like something Mom would say... and she's right. Enjoy.

Michael Quinn is a freelance writer in Portland. His training wheels came off last year.



SENSE

Mac Users open to the public and free to first-time visitors. USM Portland, Aug 4 at 7 pm.

What's going on in city government? Kathy Caron, author of "Inside City Hall: A Guide to City Government in Portland, Maine," will lead a discussion and answer questions at the Reiche Branch Library, Brackett St in Portland, Aug 4, 7-8 pm. Free.

Tall Steeples and Stained Glass Tour Meet at Greater Portland Landmarks, 165 State Street in Portland. Tour church architecture (St. Dominic's, State Street Church and St. Luke's) with Landmarks guide Nelle Kozodoy. Aug 4 at 5:30-7 pm. \$3. For more information, call 774-5561.

Lightship Nantucket is berthed at the SMVTI Campus in South Portland. Open to the public Wed-Sun, 10 am-4 pm. The lightship will not be at SMVTI on Aug 13, 20, 24-28. \$3, \$1.50 for children.

Graphic design and computer publishing seminar at the Sonesta Hotel on High St. Offered by ImageSet Design. Keynote speaker will be ImageSet Design president Mark Beale, who will discuss the quality and access of desktop publishing, system capabilities and relative costs. Aug 5, 1:30-3 pm. Free. RSVP Mark Beale or Ted Darling at 775-3589.

Stars and Mars will be brighter than it has been in 17 years. Come see the planet, view the night sky. Special exhibits and planetarium shows. Continuous day and night activities Aug 5-7 at Southworth Planetarium, 96 Falmouth in Portland. For more information, call 780-4249.

The Good Fight on MPBN television. A documentary which records the tales of Americans who fought against fascism during the Spanish Civil War. Aug 9 at 10 pm.

Tour of Portland's Historic Shopping District Meet in Monument Square, State and Congress Streets in Portland. Walking tour led by Glenn Umi-nowicz, director of the Victoria Society. Aug 9, 5:30-7 pm. \$4. For more information, call 774-5561.

Metaphors in Science: Facts, Laws and Theories in Literature Lecture in the Moot Court Room, USM School of Law in Portland. Lecture given by Gale Rhodes, USM professor of chemistry. Aug 11 at 7 pm. Free. For more information, call 780-4076.

Kathy Caron Author of "Inside City Hall: A Guide to City Government in Portland, Maine," will lead a discussion and answer questions on city government in Portland at Riverton Branch Library, 1600 Forest Ave. Aug 11, 7-8 pm. Free. For more information, call 773-4761.

Backroads Group Seminar on the resources, land use and preservation of the region through mapping and geology. Arcadia Farm in Casco. Aug 13, 1-4 pm. Donations accepted. For more information, call 627-7106.

Three Centuries of Harpswell Architectural tour with Greater Portland Landmarks on Aug 13, 9 am-4 pm. \$30. Meet at the City parking lot off Baxter Blvd in Portland. For more information, call 774-5561.

ISSUES

Maine Animal Sanctuary meets at the Clark Memorial United Methodist Church, 15 Pleasant St in Portland. Group is organizing fundraisers to raise money for building a shelter for stray animals. Aug 9 at 7 pm. For more information, call 773-5054.

Refugee Resettlement Program has seen as many refugees arrive in the last two months as in the previous six months. The agency is in desperate need of sponsors to help ease their transi-

tion into American life. Furnish basic needs such as housing, food, transportation, moral support and guidance until these newest Americans become self-sufficient (usually one or two weeks). For information, call the Center of Voluntary Action at 874-1015.

Downtown Portland Planning Forum at the Portland Public Library in Monument Square. Roundtable discussion on commercial development with Joseph E. Gray, director of Planning and Urban Development. Aug 11, 4-6 pm. Free and open to the public. Room 211. For more information, call 775-5451.

Peace Vigil every Wed at noon. Monument Square, Portland.

BODY & SOUL

Displaced Homemaker's Resource Center provides direct services, training programs and support groups for women experiencing a major change in their lives, such as women who are thinking of returning to work or school and are seeking information and assistance with building self confidence, communication skills, career-life planning or job readiness. The center is offering full programs in Assertiveness Training and Career-Life Planning. Pre-registration required. All services are free of charge. For more information, call 773-3537 or 1-800-442-2092.

Heartline Cardiac Rehabilitation Program at USM Portland gym and the Reiche Pool. Heartline is a medically supervised exercise program for persons who have either had a heart attack or coronary by-pass surgery. Participants also attend educational sessions on nutrition, stress, medications and depression. 10-week session begins Aug 15. Classes are conducted at a variety of times. To register, call 780-4170.

Brazilian Percussion Workshop at Brackett St. Studio, 3rd floor of the People's Building in Portland. All-day, hands-on experience featuring a wide variety of authentic instruments from Brazil. Led by Gary Muszynski. All levels of musical experience welcome. August 6, 10-5. \$35. For more information, call 871-1013.

Sufi Meditation sponsored by the Sufi Order of the West. Aug 7, 6:30-8 pm in Room 1, Payson Smith Hall at USM Portland. Classes are free and open to the public. No prior experience is required. Each class will include music, a breathing practice, guided meditation and readings on a particular theme. Aug 7 theme: "The Privilege of Being Human." For more information, call 797-3933.

Community Counseling Center is looking for a volunteer to act as Public Affairs Director for the center. Duties include developing and organizing an agency newsletter, developing an overall marketing strategy for the agency, serving as a liaison to the news media, and working with the program directors and reporting to the Executive Director. For further information, call the Center for Voluntary Action at 874-1015.

Etheric Healing Workshop at Arcadia farm in Casco. Aug 6-7. Call 627-7106 for more information. **The AIDS Project**, 48 Deering, Portland, lists many support groups for PWAs and the lovers, caregivers and friends of PWAs around Portland. For more information, call 774-5877.

Danceworks Fitness Classes in the Public Safety Building Gym, Portland. Classes include calisthenics, choreographed dance and body sculpting with free weights. Mon and Thu, 5:30-7 pm. \$4 per class. For more information, call 846-6030.

Meditation for Women every Mon at the Quaker Meeting House, Forest Ave, Portland. Guided meditation and ritual. For more information, contact the Feminist Spiritual Community at 773-2294. **Psychic Development** Class

at the Portland Spiritual Church, 160 Sawyer, S Portland. Every Friday at 7:30 pm. Free. For more information, call 926-4580. **Aikido** at Cathedral of the Immaculate Conception, 307 Congress, Portland. Gain strength, flexibility, coordination, balance, relaxation and concentration. Come observe a class. Free trial class. Tue, Thu, and Sat. \$40/month. For more information, call Lifeline at 780-4170.

OUTSIDE

Sea Kayaking Day Trip for women from Portland with New Routes. Pre-registration is required. Aug 10. \$50/\$40 with your own kayak. For more information, call 729-7900.

Garden Tour of Meadowood Farm. Car pool will meet next to the sign at Falmouth Shopping Center. Tour offered by the Cumberland County Chapter of Maine Organic Farmers and Gardeners Association. Tour through an acre of intensely planted raised beds of flowers, perennials, herbs and produce. Aug 8. Car pool leaves at 5 pm. Tour starts at 6 pm. Free. For more information, call 797-5434 or 846-4294. There will be a pot luck supper after the tour. The public is encouraged to attend.

Mc Megunticook Traverse Hike with the Sierra Club in Camden Hills. Route will follow Maiden Cliff Trail, the Scenic and Ridge trails over Megunticook and the Tableland and Mount Battie South trails into Camden. Aug 13. \$2 members, \$3 nonmembers. For more information, call 596-0164.

White Mountain Family Festival at Crawford Notch in New Hampshire. A weekend of music, stories, games and nature hikes for families. Appalachian Mountain Club. Aug 5-7. Reservations. For more information, call 603-466-2727.

Sea Kayak Lesson on the Royal River, Yarmouth. Basic paddling techniques for the new paddler. Saturdays through the summer. \$10. Offered by L.L. Bean. For more information, call 865-4761 x7800.

Introductory Canoe Lesson on the Royal River, Yarmouth. L.L. Bean offers a 2-hour session emphasizing basic canoeing techniques every Sunday through the summer. \$10. For more information, call 865-4761 x7800.

SPORT

Maine Phillies are back at The Ball Park in Old Orchard Beach. Aug 8-9, the Phillies play the Columbus Clippers. Aug 10-12, Toledo Mud Hens. Aug 13-14, Tidewater Tides. Games begin at 7:05. Tickets are \$4/\$5.

Tennis Lessons Portland Recreation. Clinics for children, teens and adults. Twice a week for four weeks. Aug 1-Sep 1. Times vary according to age and skill level. Residents: \$20 youth/\$30 adult. Non-residents: \$35 youth/\$40 adult. For more information, call 775-5451 x300.

Peaks to Portland Race Racers will be arriving on the East End Beach around 2 pm. Aug 6.

Autocross to benefit Norma Lynn Peterson at Old Orchard Beach High School Parking Lot. Organized by the Downeast Porsche Club. Registration and inspection will begin at 9 am; rally begins at 11:30. Prizes will be awarded by Jessica Peterson, Norma's older sister, Aug 7 at 11:30 am. \$25 to register in the race. For more information, call Jeff Smith 846-9801.

Second Annual Fun Run St Peter's Italian Street Festival at Federal and India Streets in Portland. Four miles around the Eastern Prom. First 100 entries receive a T-shirt. Trophy prizes. Race director, Charles Scribner, Maine Track Club. Aug 14 at 9 am. \$5 registration fee through Aug 8, \$6 thereafter. Contact church for registration form.

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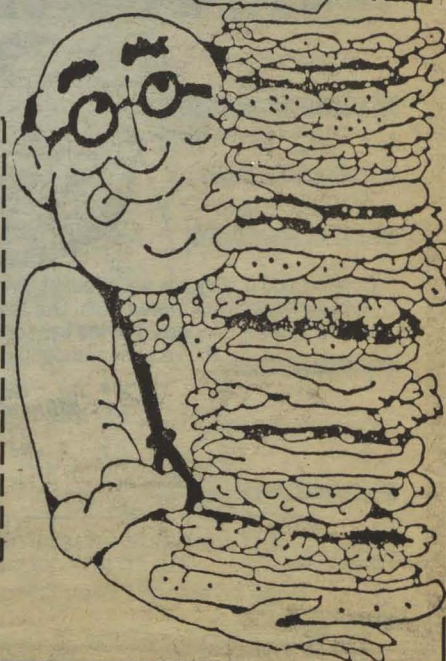
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SMVA Guided Walks at Ferry Beach and Scarborough Marsh in Scarborough. Sunset walk on Aug 13 at 5:30 pm on Ferry Beach - meet at ferry Beach for registration. Sunrise walk on Aug 14 at 6 am around Scarborough Marsh. Start and registration at the Superintendent's Office of the old Oak Hill School. Free. Fee for credit.

Second Annual Maine Croquet Championship A week-long, single elimination tournament, Aug 16-21. Top players from throughout New England. Open to all players - beginners to expert. \$20 entry fee. For more information, call Mary at Conover & Company, 775-2133.

SPTV/Willard Beach Volleyball Tournament at Willard Beach, S Portland. Recreational, round robin, co-ed tournament. Players must be 18 or older. Teams of six with two alternates. Three men and three women on the court at all times. Aug 27, 9 am-4 pm. \$35 per team to register. For more information, call South Portland Recreation at 797-7996.

Basketball at Riverton Community Center, 1600 Forest, Portland. Drop in. Tue and Thu at 6 pm. \$1.50 residents, \$2.50 non-residents. For more information, call 775-5451 x300.

Volleyball at Reiche Community Center, 166 Brackett, Portland. Drop in. Tue and Thu at 6 pm. \$1.50 residents, \$2.50 non-residents. For more information, call 775-5451 x300.

FOR KIDS

Buster the Clown at Portland Public Library in Monument Square. Fun for kids on Aug 8 at 10:30 am. Free. For more information, call 773-4761.

Return to Oz Flicks for Kids in the Campus Center at USM Portland. Aug 9 at 7 pm. Free. For more information, call 780-4076.

Watercolors Parent/child workshop for children ages 7-12 at Portland Museum of Art, Seven Congress Sq. Aug 11 at 2-3:30. \$5 members/\$7 non-members. For more information, call 775-6148.

Stories for kids at the Portland Public Library on Wednesdays at 10:30 am for 3-5 year-olds and Fridays at 10:30 am for 2 year-olds. No Fingerfun for babies on Aug 10. Stories at Prince Memorial Library in Cumberland on Wednesdays at 10:30 am for 2-3 year-olds and Thursdays at 10:30 am for 3-5 year-olds.

Sticker Pictures for children ages 3-5 at the Children's Resource Center, 741 Stevens Ave, Portland, Aug 4, 10 am and 1 pm. Sponge Sculpture for children ages 5 and up. Aug 9 at 10 am. Sand Painting for children ages 3-5, Aug 10-11, 10 am and 1 pm. To register, call 797-0525.

Children's stories at the Portland Observatory on Munjoy Hill every Wednesday at 1 pm. Sponsored by the Enchanted Forest Bookstore and read by Kathy Sheehan. Free with admission to the Observatory. \$4 adults, 35 cents for children.

Children's Workshops at Children's Museum, 746 Stevens, Portland. Collage, texture, graphics, printing, sculpture in wood, puppet making, abstract painting, t-shirt design, kite making and origami. Weds in July and Aug. Preschoolers, 10-11 am. School age children, 2-3 pm. Reservations required, 797-5483.

Dino Den at Children's Museum, 746 Stevens, Portland. Hands-on learning about dinosaurs. For more information, call 797-5483.

Land of Giants at the Pine Tree Shopping Center, Brighton Ave, Portland. Children's Museum's dinosaur exhibit through Sept 11.

Star Gazing for all ages at Southworth Planetarium, 96 Falmouth, Portland. Wed, Fri and Sun at 7:30 pm. Special shows for groups can be arranged. \$2.50 adult/\$1.50 child. For more information, call 780-4249.

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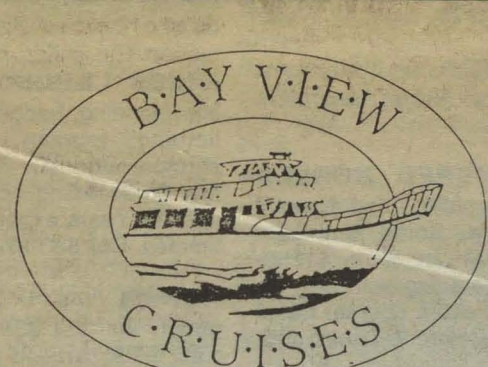
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WELLNESS

August 4, 1988

21

Get back, health junkies

The data is in: Three Musketeers and frozen vegetables are good for you. Bean sprouts, eggs and chicken "hot dogs" are relatively worthless. Paul Newman's spaghetti sauce has more than twice as much salt as its canned competitors. And cholesterol tests can be dangerous.

What a mess. Obviously, the field of health has gotten so fancy that facts disintegrate daily, as yesterday's nutrient becomes today's carcinogen. It's enough to send a health nut into an ice-cream depression.

PARANOIA...

◆Every 13 minutes this year, another American woman will die of breast cancer, according to the Center for Science in the Public Interest. The center further estimates that one out of every 10 American women will get breast cancer in her lifetime — a rate placing the U.S. among the top 10 of 40 nations around the globe.

◆Dr. Leonard Cohen of the American Health Foundation in Valhalla, New York recently announced the discovery of "strong" evidence that Americans' high breast cancer rates are partly caused by the large amount of fat we eat. Strangely, this means women should now avoid many oils — particularly corn, sunflower and safflower oils — previously considered healthful, and often the primary ingredients in margarine. Animal studies have shown these, along with lard and beef tallow, to be "promoters" of breast cancer. (Olive and fish oils are "non-promoters.") Butter, which actually contains the same number of calories as margarine, is still under study, as are peanut and soybean oils.

◆Another reason women, and men, should stick to a low-fat regimen is that cholesterol tests are horribly unreliable, according to a study of 5,400 laboratories by the College of American Pathologists. Specifically, if your cholesterol has been measured at 195 — just under the minimum safety level of 200 — the true level could be 30 to 40 points higher (or lower). You could either eat more freely, or the fats and eggs you're still consuming could be more dangerous than you think. How can you be sure? If your cholesterol level measured somewhere between 170 and 235, check it again two or three times at least a month apart and average the results. If cholesterol levels remain high, cut saturated fats to 3 percent. If

that fails to bring results, then talk to your doctor about drugs.

◆The magic land of low-fat foods is not, however, made for babies. Tufts University notes that children under the age of two need fats to grow, especially cholesterol for a healthy nervous system. In recent years, a New York hospital has admitted several children whose obsessive parents watered down baby formulas, cut out snacks and served low-fat milk, lean meat and unbuttered vegetables. The result: The children's growth was stunted. (By the way, babies should also not be fed honey, which contains spores that can give babies food poisoning.)

◆OK. We know too much sun causes skin cancer, so now we all buy little bottles of white goo with nice, pacifying numbers. Unfortunately, the only protective ingredient in most goos is PABA (para-aminobenzoic acid), which merely wards off ultraviolet B rays (UVBs). Meanwhile, ultraviolet A rays — once considered harmless, but now considered more dangerous than UVBs, according to the University of California. (Tanning booths, by the way, use one or both of these rays.) Look ye for bottles with both PABA and ingredients such as "benzophenone" or "oxybenzone."

◆Take equal care with your eyes. Windows, windshields, even many sunglasses don't even fight the kinds of rays that can damage your eyes. (Of the million cataracts removed annually, it's estimated that up to 100,000 are caused by the sun.) Invest the extra \$20 or \$30 in sunglasses that block ultraviolet rays and "blue light," ideally to American National Standard Institute guidelines (noted by "Z-80.3" marked on the frame). In any case, don't buy cheap sunglasses. They encourage your pupils to open, then leave them unprotected.

◆Some research has confirmed smokers' hunches that smoking stimulates their thought process. But a recent study found this benefit to diminish as tasks grew in complexity. In a mock driving test, for instance, smokers got into almost twice as many collisions as smokers who had abstained for an hour, and nearly three times as many collisions as non-smokers. Wouldn't it be fun to watch the insurance lobby fight the tobacco lobby on that one?

◆Speaking of fats, a Three Musketeers candy bar gets only 28 percent of its calories from fat. This not only makes it low-fat by American Heart Association standards, but also ranks it one of the lowest-fat snacks at the candy counter.

◆Todd Oppenheimer runs up impressive-looking steps, whips into a seat at his desk and grabs for... a Three Musketeers bar. He then proceeds with his duties as associate editor at The North Carolina Independent.

◆Watermelon, surprisingly, is rated as the most healthful fruit, followed by papaya, cantaloupe, mangoes, then citrus fruits. Melons are actually rated three times better than apples, and seven times better than grapes. But what about sauces? Tomato sauce and molasses come in first and second, followed by catsup, soy sauce and, yes, cream (or half-and-half). Honey and cranberry sauce, often considered nutritious, are at the bottom of the list, just before butter, which is dead last.

◆According to the notoriously anti-establishment, health-conscious Center for Science in the Public Interest (CSPI), a whole basket full of foods often con-

sidered bland and worthless are better for you than, say, onions, lettuce, apples and wheat germ. CSPI ranked 275 foods by their content of protein; fiber; natural sugars and starches; fats; cholesterol; sodium; sugar additives; iron; calcium; and four vitamins (A, C, B-2 and B-3). And the winners are:

◆Potatoes, collard greens, even canned peas and corn rank better than fresh green beans and beansprouts. (The potato's ranking is actually five times better than bean sprouts' rating. The University of California further notes that one six-ounce potato contains 40 percent of your daily requirement of vitamin C and large amounts of fiber, niacin and potassium. It also contains only 180 calories. Eating eight ounces of potato chips, however, are like swallowing 12 to 20 teaspoons of oil — normally the cholesterol-boosting hydrogenated sort.

◆The most healthful meats are tuna (fresh or water-packed), lobster, poultry and other fish, in that order. However, steak and lamb are rated better than eggs and chicken "hot dogs." The most healthful grains are supposedly bulgur, whole wheat, millet, then brown rice. White bread, even hot dog rolls, rate better than oatmeal and wheat germ, presumably because of calories and fat. (In a cereal rating, however, wheat germ and oatmeal take first place with Wheatena, Farina and puffed wheat or rice.)

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C L A S S I F I E D

JOBS FOR RENT

WANTED: DRUMMER to join progressive R&B band with members 22-24 years old. We have practice space and gigs. Call Dan 772-8593.

LUCINDA Jewelry & Accessories, seeks energetic & opportunistic sales rep. for wholesale accounts. Call Lucinda at 772-5522 or 773-0411.

FASHION CONSULTANTS to do private jewelry designer viewings in homes, good commissions and advancement opportunities. Call Lucinda at 772-5522 or 773-0411.

ATTENTION students and senior citizens. Telephone sales - days and evenings. Hourly wage and bonus and commission. No experience necessary. Start immediately. Call 871-7067.

DESPERATELY SEEKING workers! Manpower needs you to help with a surplus of office and industrial temporary assignments! You choose the job and hours. Great way to earn extra \$\$\$! Call to register. Manpower Temporary Services 774-8258.

ANXIOUS TO WORK? Call today for immediate placement. We accept all ages and skill levels. No fees, weekly paycheck. Best pay in town. Great Benefits. Victor Temporary Service. 775-6541.

A COST FREE CHRISTMAS 10 Individuals needed. Applications now being accepted. Part-time work, full-time pay. Set your own hours. No collections. No deliveries. Free paper supplies, free \$300 kit. Call 797-6397.

PART-TIME WORK Full-time pay. Free \$300 kit, free paper supplies, free training, no collecting, no delivery. Demonstrate toys and gifts. Also booking parties. Call 865-9207.

WEST SIDE Available Sept. 15, 2 or 3 BR, nice floors, yard with flowers. Parking for two. Storage. Eat-in kitchen. 1st Floor apt., oil heat and wood stove. \$600. + utilities. Call 772-9049.

VERANDA STREET Large kitchen & living room, 3-4 BR, yard & parking. \$650 + . call 773-3320.

UNFURNISHED APT. Ilsey St., lovely 2 BR, \$600 + . call 774-9303.

CHADWICK ST. Two 1 RM efficiencies in Maine Med. area, \$300. per. wk., heated. Call 774-9303.

SACO Apartment for single person. Clean, good condition, small porch and yard. Parking, no pets. \$360 + util. Call 284-2326.

SHERMAN ST. Nice 2 BR, wall to wall carpet, new lino., skylight, parking. \$425 per. month. Call 799-5316 or 775-1953.

BACK COVE AREA One of a kind apt. 3 BR, 2 full baths, fully appliances kitchen w/ dishwasher, second smaller kitchen. Tastefully decorated. Private yard and parking. Must see. \$775/mo. Call 799-5316 or 775-1953.

MUNJOY HILL Atlantic St. 1 BR apt. living rm., kitchen, bath, wall to wall carpet, single occupancy for \$475; double occupancy for \$550. Inc. heat, hot water, elec., gas, parking for 1 car, cable ready. No pets, sec. dep. Call 774-4510.

DEERING ST. Charming 1 BR in quiet cared for Victorian bldg. \$445, utilities included. References required. No pets. Available Sept. 1, call 774-8473.

OLD ORCHARD BEACH 1 BR condo, \$550 + . Call 774-9303.

SPACIOUS 2 BR, oceanfront condo, \$950 + . Call 774-9303.

OFFICE SPACE 553 Congress, 3 office suite, 800 sq. ft. Excellent views, exposure, windows, A/C, lavatory, kitchenette. \$625/month, including heat. Call 773-5175 or 773-5400.

ROOM TO RENT Easygoing, not too quiet, must love cats. \$200/month, includes heat, call 773-2816.

TO SUBLET Furnished room in very nice 3 BR apt. located in N. Deering. Late Aug. - Jan. 1. \$195+. Perfect for fall semester student. Please call Andrew at 878-2790.

WANTED 1 BR apt., shower & tub, anywhere on busline in Cumberland County, except Westbrook and So. Portland. Call 772-3540.

STUDENTS 1, 2, 3, BR apartments available in close proximity to Portland School of Art and USM. \$350-\$700. Call 773-6250.

SUBLET Beautiful West End 2 BR Victorian Apt. 1 bedroom occupied, 1 available. Off street parking. Now through Nov. 1. \$275 + util. Call Andrea, evenings, 276-5291. Mature, responsible person required.

CAPE ELIZABETH Large living room, 2 or 3 BR, parking and yard. \$675 + utilities. Call 773-3320.

OLD PORT ARMS Attractive 1 BR apts. available. Amenities include wall to wall carpet, fully appliances kitchen, 24 hr. maintenance. References. No Pets. Rent is \$425-\$460. Call Spectrum 797-0223 wklys.

MEADOWBROOK APTS. Spacious 2 BR apts located on outer Forest Ave. Wall to wall carpet, fully appliances kitchen, 24 hr. maintenance, ample parking. References. No pets. Rent is \$530. Call Spectrum 797-0223 wklys.

WASHBURN AVE. Spacious, 2 BR. New kitchen and bath, appliances, yard & parking. \$535 + Utilities. Call 773-3320.

APARTMENT OWNERS advertise FREE, your apartments for rent, in CBW classifieds. Call 775-6601 for info, or 772-6672 to leave your classified ad.

EAST END 2 or 3 BR on 1st floor. Appliances, yard. \$595 Heated. Call 773-3320.

SIDELINGER APARTMENTS Large 1-2 BR units located in town and in the West End. Hdwd floors, on-site laundry, many with heat and hot water included. Quiet, secure buildings, lease, security deposit, no pets. \$400-\$500. Call 772-1849. Ask for Jim.

ROOMMATE WANTED Sublet school year, Sept. 1 to June 1. Maybe longer. Great apartment, 2 BR, parking & yard, on Eastern Prom. Non-smoker, loves cats. \$300 + . Call 775-2468.

ROOMMATE LOCATOR Many different people and lifestyles to choose from. Call 774-1189.

STUFF FOR SALE Like new. \$200. Call 879-1962 Anytime.

1953 CESSNA 170 B, N3108A 2460 TT, 712 SMOH, SO STO. H. NARCO COM-11/NAV-11 KT-76A XPDR, Apollo 612B LORAN, Auto fuel STC. Very good condition inside and out. Many extras. \$14,800. 729-8048 Evenings.

SKATEBOARD for sale. In pretty good condition. Pink Executioner. \$30. Call Marg 9-5 at 775-6601 or Jason at 353-4176.

BOX SPRING and mattress. Clean, full size. \$50 or best offer. Call 871-1580.

THOROUGHbred HORSES for sale. Nine geldings and mares 4 to 7 years old. Some jumping / showing. All 16h, or more. \$1250-\$2500. Also boarding with new indoor area and event course. Leasing. Lessons. Belgrade Lakes 495-2000.

PAINTING We make it last and look better. Professional quality, competitive pricing along with 15 years experience. Commercial and residential painting. Free estimates. Call anytime 773-3720.

PAINTING interior and exterior. Call 773-8053.

YARD SALES Yard sale to benefit Guatemala Health Rights Network. Saturday Aug. 6, 9 am-5 pm at 141 Allen Ave. Sponsored by PAUSICA. For information call: 773-7873.

WHO CAN YOU CALL any time, day or night, summer or winter, spring or fall, good times or bad? -- OK, you get the idea. Call 772-6672. Casco Bay Weekly's 24-Hour Classified Hotline, and place an ad with the best market-place this side of Tijuana. But please read our policy box before calling.

HOUSE PAINTERS. Gardeners, Window washers. Advertise your services on our classified pages for only \$3 a week. Call 772-6672 anytime.

NEED 2nd or 3rd car? Call Richard Nest, T.B. of ME. 773-2718. Stickered, warrantied, some financing. \$1,500. to \$2,500. 80's-'84's. Call 773-2718, ask for Richard Nest.

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ROLFING® is a system of structural integration developed by Ida P. Rolf, Ph.D., in the 1940's to restore and improve human physical structure. As out of balance parts of the body are brought into alignment, posture and symmetry are improved; stress is reduced; movement patterns become freer, more fluid, efficient, and graceful; breathing becomes fuller and easier. Increased awareness and emotional relief are often experienced as by-products of creating deep changes within the body. For some, the process is purely physical; for others, it can be a self-awakening. For more information, or to schedule a free consultation, contact: Robert Coughlin, M.Ed., Certified Rolfer, (207)767-5982.

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WALLPAPERING New to Portland area. Graduate of United States School of Professional Paperhangers. Free estimates. Call Brian Chadderton, 874-6688, So. Portland.

ASBESTOS REMOVAL Safe prompt, reasonable rates, free estimates in Portland Area: Call 767-0873.

MIKES LANDSCAPING Pruning, planning, hedges, tree moving, limbing, topping, vista cutting, stumps removed. Call for info, on any landscaping operation. References. 17 Years experience. Free estimates. Call 883-8746.

RADON the unwanted house guest, air test \$39.95 by technician, EPA certified test report in 4 days. limited to 15 highway miles from Portland to greater Portland area. Call 774-8194.

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7 7 2 - 6 6 7 2

THE REAL PUZZLE

by Don Rubin

This week's puzzle is a visual recipe for cake. All you have to do is number the panels in correct order (and bake in a 350-degree oven for about 25 minutes). Be sure to put the batter in a pan or your cake will look like a large cookie.

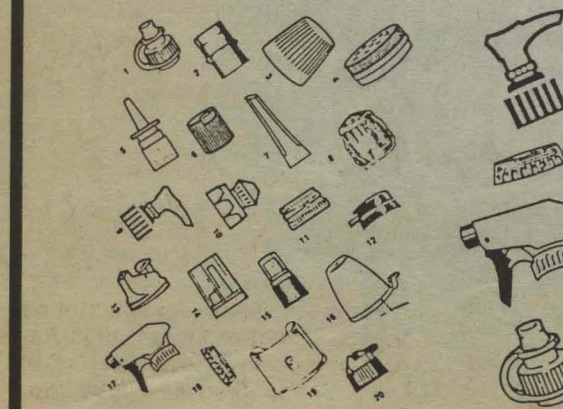
The ingredients are milk, eggs, baking soda, vanilla extract, flour, salt, butter and sugar. Just number the panels from one to nine.

Can you solve the Real Puzzle? If so, there could be a \$20 gift certificate at Albert's in it for you (first prize). Or tickets for two for a cruise on the Longfellow Cruise Lines (second prize). If we receive more than one correct entry, prize winners will be selected from among the correct entries by a random drawing. Contestants are ineligible to win more than one prize in a four-week span, and only one entry per contestant.

All entries for this week's Real Puzzle must be received by noon Wednesday, Aug. 10. The solution to this week's Real Puzzle will appear in the Aug. 18 issue of Casco Bay Weekly. Send your best guess to:

The Real Puzzle #10
Casco Bay Weekly
187 Clark St
Portland, ME 04102

The July 21 puzzle was too easy, but we chose winners anyway. David Wehmer of Gorham wins the gift certificate from Albert's, and the Longfellow Cruise tickets go to Karen Farnsworth of South Portland.



July 21 Solution

- | | |
|--------------------|-------------------------|
| 11 soda | 5 nasal decongestant |
| 9 lotion | 10 dishwashing liquid |
| 3 mouthwash | 14 styling mousse |
| 8 champagne | 17 all-purpose cleaner |
| 15 hairspray | 1 contact-lens solution |
| 19 spray wax | 12 shaving cream |
| 18 beer | 20 lighter fluid |
| 6 shampoo | 4 baby powder |
| 2 wine | 7 nail polish |
| 16 whipped topping | |

PERSONS PERSON

I DON'T NEED ANOTHER HERO! SF 40 plus, reaching out to share interests. 50's, 60's & classical music, Leisure Sunday brunches, spontaneous long drives, good food, wine & politics. Write if you care to embark on a fun journey. CBW #107.

SWM, 25, 5' 6 1/2", blonde, blue eyed, attractive, seeks SWF or DWF ages 22-40 for friend or possible lasting relationship. Must be romantic, and like outdoors, outside sport activities and good sense of humor. Portland area only. Please respond to CBW #108.

HEALTHY MALE in 50's. Not bad looking, seeks sensuous female playmate who's unattached, neat, and doesn't drink or smoke. P.O. Box 15011, Portland, Me. 04101.

FRIENDLY, CARING nature lover, SF 39, seeks considerate, communicative, positive SM friend to share outdoors. Likes to hike, camp, canoe, bike, swim, garden. Enjoys animals, music, exploring. Portland area please. Reply to CBW #101.

MOVIE BUFF seeks buffet. SWM, 36, Maine newcomer, Portland area, seeks unique SWF 30-40. Let's enjoy a film together - the latest at The Movies or a classic on VCR. I also enjoy live theater, weekend travel, flea markets, sixties rock. Photo appreciated. Box 2515, South Portland, ME 04106.

LEGGY, SPIRITED undomesticated ingenue seeks friendship of man, and or woman who (partly through financial independence) desires that special satisfaction which arises from heralding the call to build and honor the human spirit. This advisory is placed in faith. We are the stuff of which dreams are made... Surprise yourself. Take me on. Kindly respond to CBW #105.

NON-SMOKING, GEMINI SM, 36, blonde, blue eyes, nice looking, to meet an intelligent, energetic younger SF, share thoughts, ideas, create memories, dancing, dining, camping, and on the move. Please respond to CBW #106.

WOMAN 39, married, seeks sensitive, caring, intelligent, attractive, natural woman for intimate friendship. Be my kindred spirit. Write to P.O. Box 4685, Portland, ME. 04112.

TROUBLED? STUCK? Auntie Lucia will review your situation and offer a fresh non-condemning approach to help you get on with your life! Include, please, a small offering. Benefits & blessings are your birthright. Many already helped. Respond to CBW #109.

MAINLY FRIENDS a very affordable match making service, for all people. We offer low prices, and high quality service. For more information write to POB 251, Augusta, Maine, 04330.

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CUMBERLAND Contemporary, quality home on 2.5 secluded acres. In-ground pool, 4 BR, 2.5 baths, and cathedral ceilings. A pleasure to show! \$209,000. Susan Potter, Century 21 Balfour. Call 865-6311.

WOMAN 39, married, seeks sensitive, caring, intelligent, attractive, natural woman for intimate friendship. Be my kindred spirit. Write to P.O. Box 4685, Portland, ME. 04112.

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VIDEO

August 4, 1988 23

Fast forward & freeze frame

One of the great things about watching films on a VCR is the ability to look at the great scenes slowly - even frame by frame. Dance videos and animated films provide some of the most interesting opportunities for this sort of viewing.

But, hey, all you have to do is fast forward to the dance sequences and the films come to life.

SKIP AHEAD TO THE DANCE SCENES

There may be better dance videos than "Baryshnikov by Sharp: Push Comes to Shove & Sinatra Suite" (Kultur tapes, 58 minutes, under \$40), but none more enjoyable. This showcase of Baryshnikov's enormous range and versatility is breathtaking in its execution. It is as if Fred Astaire, Gene Kelly and Rudolf Nureyev were turned into one graceful, witty, exciting dancer.

Twyla Tharp, one of America's most controversial choreographers, gives Baryshnikov the kind of outing that elicits this kind of praise. She enjoys creating dances that are very difficult, but look easy. He makes the most technically difficult moves look like a piece of cake. Together, they make three one-act ballets a primer in what dancing is all about.

For the purist, there is "The Little Ballet," a traditional classical dance to waltzes by Glazunov. "Push Comes to Shove" is an affectionate sendup of everyone from Balanchine to Fosse.

For the non-purist, five Sinatra recordings are used to give Baryshnikov and his partner, Elaine Kudo, dancing metaphors that anyone looking for romance has experienced. The songs are vintage Sinatra - "Strangers in the Night," "All the Way," "My Way," "That's Life" and "One More for the Road."

Unlike most video productions, there is ample use of the camera to show you details impossible to see from a seat in the theater.

Incidentally, Baryshnikov the actor and the dancer are on display in two feature films, "White Nights" (RCA/Columbia) and "Dancers" (Warner). Because the plots are creaky, the acting adequate and the dancing sensational, these films were made for home viewing.

CARTOONS FRAME-BY-FRAME

Those of you who saw "An American Tail" in the theaters saw a good cartoon feature with a cute main character, a popular score and a rich visual style that reminded adults of the Walt Disney glory days. (The film was created by Don Bluth and his animators and artists who fled the Disney studio in 1979 because they wanted to do things the old-fashioned way.)

But until you have a chance to examine "An American Tail" in a special laser video disc edition, you have not really experienced the full measure of this film (MCA, interactive CAV laser video disc, 81 minutes, under \$50).

First, you can watch the full-length animated movie of laser images that dazzle the eye and listen to a digital soundtrack that is even superior to the theatrical experience.

Then, you can examine each individual painting, one frame at a time, as long as you like without damaging the crystal-clear image. You can marvel at the craftsmanship and artwork that went into this rich, colorful animation.

On side two of the disc, there are two interactive segments and the original theatrical trailer. The first section reviews background on the production. The second section is a fascinating video essay that details some of the process of creating "An American Tail." It includes 120 single frames that let you analyze full-color cels, pencil sketches, behind-the-scenes photographs, 3-D models and text. This again adds immeasurably to the pleasure of watching this animated film at home.

This sort of viewing gives us new appreciation for the animator's art and makes viewing those hurriedly drawn, computer-generated Saturday morning cartoon shows even more painful experience for adult and child alike.

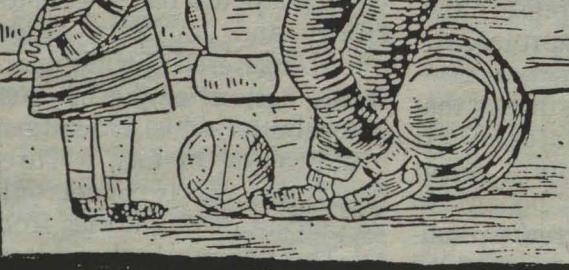
Joe Saltzman writes on media and music. He is chairman of broadcasting at the University of Southern California.

ERNIE POOK'S COMEEK

by Linda Barry

RED COMB

EVERYBODY KNOWS A BAD INFLUENCE. ON OUR STREET IT WAS KENNY WATFORD WHO COULD WHISTLE SO LOUD. HE ALWAYS SAID TO YOU "MEET ME IN THE WOODS, MEET ME IN THE WOODS" AND SOMETIMES YOU DID.



AND HE WOULD SAY IT. I WANT TO BE YOUR BOYFRIEND, SECRETLY I AM YOUR BOYFRIEND, HONEY! AND YOU WOULD STAND THERE PRETENDING SOMETHING ELSE WAS HAPPENING, ANYTHING ELSE.

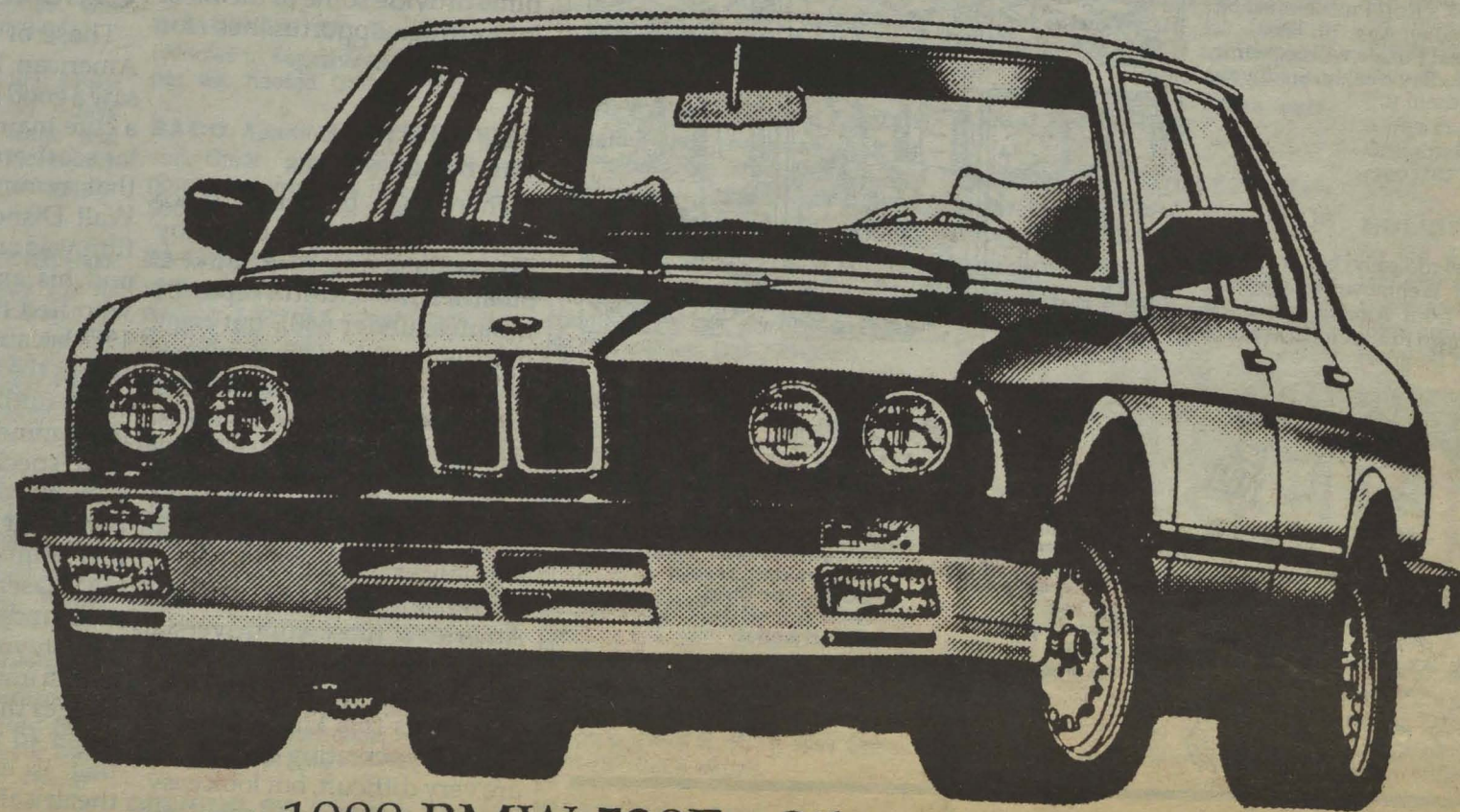


HE WAS SO HANDSOME WITH A TAN SCAR DOWN HIS CHEEK AND BLACK BLACK HAIR. HE WOULD ASK YOU TO COMB. HIM SITTING ALONE ON SOME CARDBOARD IN THE RAVINE, HOLDING OUT THE RED COMB TO YOU JUST TEN STEPS AWAY.



AND LATER, WAY LATER, WHEN YOU HEAR HIS WHISTLE SCREAMING FROM THE CORNER, YOU'LL TURN UP THE KNOB ON THE TV SO LOUD THAT YOUR MOTHER WILL FINALLY COME RUNNING IN AND STOP YOU.





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